

Autumn Self-Care Checklist

Use this checklist to support your wellbeing and success this October. Small steps make a big difference.

1. Enjoy seasonal food: soups, root vegetables, or warm drinks.
2. Create a cosy evening routine to rest and recharge.
3. Take a mindful walk outdoors and notice autumn's colours.
4. Schedule time in your calendar just for yourself.
5. Reflect on your routines—adjust where you need more balance.
6. Prioritise rest and protect your sleep.
7. Practice gratitude by noting one good thing each day.
8. Release one habit or activity that no longer serves you.
9. Stay connected with friends or family for support.
10. Celebrate small wins along the way.

Tip: Choose one or two items each week to focus on, rather than trying to do everything at once.