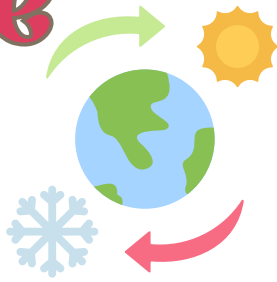


# Seasonal Change Tips



## FOODS

- Deep clean refrigerator, cabinets, and pantry
- Buy seasonal produce
- Stock up on herbal teas and warm broths
- Prepare warm, hearty meals like soups and stews
- Incorporate immune boosting spices like cloves, cinnamon, and oregano



## PHYSICAL

- Change your hair and skincare routine to match the weather
- Consider a Vitamin D supplement
- Adjust and commit to your exercise routine
- Dress in your seasonal color pallet
- Schedule or confirm your annual check ups, including full body skin and vision exams
- Prepare your "sick kits"
- Drop in to a detox sauna or salt room

## HOME

- Declutter and deep clean rooms and closets
- Air out mattresses and switch bedding
- Wash pillows
- Check and service HVAC
- Change out air filters
- Cool mist humidifiers cleaned and running
- Adjust lighting to include more warm and natural light
- Seal doors and windows

## MENTAL

- Start a new journal
- Get outside and ground daily
- Set intentions for the new season
- Commit to sticking to your routine
- Give back to or serve in your community
- Have gratitude for the smallest of things
- Use red light therapy



## LIFESTYLE

- Stay social
- Wake up with the sun
- Listen to music
- Positive affirmations
- Read books that you can get lost in
- Commit to giving to yourself 100%
- Don't over schedule the holidays

