

40 WAYS TO Celebrate the Senses of Autumn

With autumn right around the corner, it's that time of year when we start dreaming of cooler weather, cozy sweaters, and leaves changing colors. Here at *Willow and Sage*, we savor the respite from the heat and welcome a pause from our normal routines. Fall brings with it shorter daylight hours and a sense of hygge — it's about being content where you are in that moment.

Together, let's celebrate the seasonal change and foster a gracious attitude. There are many simple ways to do this: go for a walk with friends in your neighborhood, re-watch your favorite fall movie, or experiment with apples in the kitchen. It's a time for looking inward and giving to those around you, to be kind to one another and honor the little things.

Before the holiday rush, we encourage you to enjoy these next few months and spend time reveling in the quiet gifts they bring. To help you get started, here are a few ideas to celebrate autumn's arrival.

1. Stomp on some crunchy leaves
2. Try a new soup recipe
3. Change the sheets
4. Pick apples at a local orchard
5. Enjoy a face mask
6. Bundle up and go for a walk
7. Work on a messy, creative project
8. Cuddle with a blanket warm from the dryer
9. Make homemade candles
10. Re-read your favorite seasonal book





Andrey Puzolov

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- A loaf of golden-brown bread, topped with almonds, sits in a metal baking pan on a windowsill. The scene is framed by light-colored, patterned curtains that are pulled back to reveal a window with bright light coming through. The background is dark, suggesting an indoor setting.
11. Bake a familiar recipe
 12. Send a “just because” gift basket
 13. Finish a puzzle all by yourself
 14. Buy new cozy socks
 15. Eat freshly baked bread with creamy butter
 16. Adventure through a corn maze
 17. Listen to the rain
 18. Relax with an at-home pedicure
 19. Do morning yoga stretches
 20. Listen to your favorite podcast

Joe St. Pierre

21. Enjoy an after-dinner stroll
22. Go on a coffee date with yourself
23. Write down what you love about fall
24. Turn off social media for the day
25. Buy yourself flowers

26. Eat pie for breakfast
27. Make a fall-inspired sugar scrub
28. Play catch outside
29. Sing along to your favorite album
30. Build a blanket fort



Deirdre Malfatto



31. Soak in a bath
32. Snuggle up with your pets
33. Re-watch your favorite movie
34. Drink a cup of hot chocolate or apple cider
35. Host a game night
36. Have a spontaneous dance party
37. Try a new diffuser blend
38. Light a candle (or two!)
39. Wear comfy clothes all day
40. Remember to take it one day at a time

