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

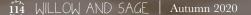


- 11. Bake a familiar recipe
- 12. Send a "just because" gift basket
- 13. Finish a puzzle all by yourself
- 14. Buy new cozy socks
- 15. Eat freshly baked bread with creamy butter
- 16. Adventure through a corn maze
- 17. Listen to the rain
- 18. Relax with an at-home pedicure
- 19. Do morning yoga stretches
- 20. Listen to your favorite podcast

- 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





- 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