

A woman wearing a red sweater, a purple hat, blue jeans, and yellow boots is walking away from the camera on a dirt path covered in fallen autumn leaves. She is holding leashes for two small dogs, one tan and one black, which are walking ahead of her. The background shows trees with vibrant autumn foliage in shades of orange, yellow, and red. The scene is bathed in soft, warm light, suggesting a sunny day.

Beat the POST- HOLIDAY BLUES

Sad about summer ending? Don't fight it – without the lows, we wouldn't appreciate the highs, and a slower pace could be just what you need