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PRACTISE DAILY GRATITUDE

Giving thanks makes us happier and more optimistic, says US research. And because the end of summer is a loss of sorts, it's a good time to focus on what we have. 'There's no better time to practise gratitude,' says wellbeing and mindset coach Emma Humphrey***. 'Spend five minutes in the morning or before bed listing five things you're grateful for – it's about taking time to feel thankful for the things that we can overlook, such as cups of tea or moments of peace. The practice serves to spark joy in the everyday.'

2

READY YOURSELF FOR WINTER

Find the winter months difficult? Prep ahead. If you suspect that you suffer from seasonal affective disorder (SAD), speak to your GP or invest in a SAD light, which mimics the sunlight you're missing. This is also a time to nourish and nurture yourself. 'Self-care is crucial,' says Karin. 'Be kind to yourself – taking warm baths, going for walks, being in nature and doing creative activities, such as art, are wonderful ways to find stillness within.'

EMBRACE THE NEW SEASON

Your health and wellbeing don't have to take a hit in the coming months.

3

CREATE HEALTHY HABITS

After the excitement of summer, it's important not to slip into unhelpful habits, such as doomscrolling on social media, says Emma. If you exercised more or ate a better diet in the summer, keep it up. Mindfulness can help to keep anxiety at bay too. 'Try tuning in to all five senses for a relaxation break – notice five things you hear, four things you see, three things you feel, two things you smell, and one thing you can touch,' says Emma. 'If you notice yourself slumping, blast your favourite song and have a dance – it can help to ground and re-energise you.'

4

DITCH DAYTIME DRINKING

Cocktails by the pool, wine with lunch, G&Ts mid-afternoon – it's easy to slip into daytime drinking on holiday, but overindulging may make it harder to stop when autumn arrives, and a post-holiday detox can dampen mood. If you continue drinking, aim to stick within the government's recommended limit of 14 units a week, and set yourself a time you can't drink before – say 6pm – and push this back by 30 minutes each night until you don't feel like that glass of red any more.

5

FIND PEACE IN ROUTINE

Routines, as long as they're not overwhelmingly busy, can be reassuring and reduce stress. Use this as a chance to reset – look at what you can minimise that makes you unhappy, such as rushing around, and what you can do more of that improves your happiness levels, like hobbies or exercise. 'Setting small goals can be a good way to refocus,' says Emma. 'It might be a 10-minute meditation or a short walk during the day, or choosing to read a page of your book.'

6

DON'T BOOK A HOLIDAY – YET

Craving your next break? Fair enough. But pinning your 'happiness hopes' on time away means not focusing on your wellbeing at home. 'If you consider your "happy place" to be by a pool in a faraway hotel, it may be time to see what's stopping you accessing joy in your daily life,' says Emma. 'Perhaps it's time to reconsider the life you have created. Do you want to be forever on a treadmill, waiting to give yourself permission to relax on holiday?' We can tap into contentment wherever we are, but we need to work on it.

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