ISLANDERS FALL SELF-CARE CHECKLIST

- Try mindful baking and create fall classics
- Make a meal from fall veggies
- Carve a pumpkin or make a fall wreath
- Time has changed. Get more sleep!
- Create a fall/winter exercise routine
- Reset boundaries & goals
- Decorate for fall holidays
- Burn a fall-scented candle
- Enjoy a warm cup of tea, coffee, cocoa, or cider
- De-clutter your space & donate to those in need