

# How to live vibrantly in Autumn

Tip Sheet By Annie Barrett



## Think grounded, nourishing, warm.

**Think routine.** The Fall season is dynamic, moving, changeable. The more you can stick to a routine for rising, eating and sleeping, the more grounded you will feel.

**Sip hot water or herbal tea throughout the day** to improve digestion and warmth.

**Move your body.** Start your day with yoga, walking, or mild aerobic exercise for optimal physical and mental health.

**Breathe deeply.** Ground the body and cultivate calm with deep, rhythmic breathing.

**Cook your food.** Favor cooked foods as the weather cools off. Reduce salads and cold, raw foods and avoid cold beverages and ice cream.

**Grounding nourishment.** Enjoy carrots, parsnips, turnips, squash and beets roasted, sautéed and steamed.

**Favor dark, leafy greens for immune building** Kale, chard, spinach, bok choy sautéed or steamed with olive oil, coconut oil and garlic.

**Nourish yourself with health fats.** Give your body satisfying nourishment with coconut oil, avocado oil, olive oil and ghee.

**Spice it up!** Add spices like cinnamon, ginger, black pepper, cumin, cloves and garlic to your meals to warm your body and optimize digestion.

**Get outside.** Fall is a beautiful season and being in nature improves your health.

**Laugh, love, and have fun.** Nurture your relationships with friends and loved ones.

**Dress in layers.** Keep your body warm with layers, especially your neck and head.

**Eat an earlier, lighter dinner.** Improve digestion and sleep by eating dinner earlier.

**Meditate.** Even 5 minutes counts. Meditation is supremely beneficial for building immunity, warding off stress, and cultivating a positive state of mind.

**Unplug an hour before bed.** Get off your computer, and electronic devices to give your nervous system a chance to settle for deep rest.

**Go to bed earlier.** Aim for lights off by 10 PM to rest deeply and build immunity for the winter months.

**For more tips and resources, visit [YOGAWITHANNIEBARRETT.COM](http://YOGAWITHANNIEBARRETT.COM)**