

All the Things that Autumn Brings

The season of temperatures cooling, leaves falling and pumpkin picking is here. The marketing slogans abound with pumpkin spice everything conveying the image of fall holding promises of yummy food and drinks, football games, holidays and togetherness. The truth lying behind these warm and fuzzy messages is less comforting and less easy to discuss. With fall comes change; busier schedules (a sense of having to 'keep up'), shorter days (seasonal affective disorder/less daylight), anticipation of holidays (family feuds) and increasing anxiety levels (March and late October show highest Google searches for depression and anxiety). As a wise man once said, "knowing is half the battle". Recognizing these trends exist can help families prepare. Knowing this word is all over social media and storefronts, let's use it as a reminder: **AUTUMN**

Attend to the things your family enjoys, not what everyone else is doing.

Understand the impact your family of origin challenges has on your life now.

Take care of your body. Eat well, exercise for your body and soul 5 times weekly.

Use deep breathing. Breath in for 5, hold for 5 and let out for 5...times 5.

Model self-care. The kids are watching and learning from you.

Nature is needed. Spend time in nature daily to combat the seasonal effect on mood.