



Remove apps you don't use



Remove people from your social media/phone book you don't need to follow



Unsubscribe to junk newsletters



Enroll on an online course



MIND - HEALTH - REFLECT

Take some time to reflect on your wellbeing, Reflect on your year and how far you have come



DRINK WARM WATER ADD GINGER, CINNAMON, CARDAMON TO YOUR DRINK

CREATING SPACE



Pack away your summer wardrobe



Go on a mindful walk



Dig out your cozy pj's and favourite jumpers



Collect leaves and other nature

GET YOUR FLU JAB



EAT WARMER FOODS



SOUPS, DHAAL, CASSEROLES, CURRYS ETC.

Invest in a mindfulness gratitude journal



The trees are going to show us how to let go of dead leaves with ease so they can rest and rejuvenate for the next season



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