

# Ideas *to Make the* Longer Nights Easier Over Fall & Winter

..... Ordinary & Happy .....

Ways to bring more light into the house in the evening.

Things you'd like to learn more about and courses you could take.

What you could do to make your living room cozier.

Places you could walk to at sunset to get some fresh air.

TV shows you could watch and discuss with friends every week.

Places online you can go to read about positive and inspiring things.

People you can message daily or weekly just to check in and catch up.

Simple activities that encourage you to get up and move around.

Positive things to remind yourself of after a tough day.

How you could turn fall and winter into a time of reflection rather than resistance.

Warm drinks that can become an evening routine.

Household chores that can become comforting routines with a TV show or music.

Simple activities to do before bedtime if you set a no-screen time.

Simple ways to make your bedroom cozier and/or inspiring.

Nature you can bring inside the house.