

Create Calm Connections in Autumn

Embrace autumn, the spectacular season that brings us beautiful red, orange and yellow foliage. This time of year can be nature's gateway to ease stress and create calm:

- Delight in the victorious wildflower emerging from the city sidewalk crack.
- Feel yourself relax as you deeply breathe the crisp autumn air.
- Artistically arrange leaves and pinecones into a wreath.
- Throw aside restraint and jump into a leaf pile.
- Create community in your neighborhood with a bonfire.
- Decorate a pumpkin with friends.
- Surprise a neighbor with hot apple cider.

Spending time in nature is good for your mental health.
Connection with others brings a sense of community and fulfillment.

For support in developing calming practices, go to Member Intake at [NuVantage.org](https://www.nuvantage.org) or call **800.577.4727** to schedule an appointment with a behavioral health counselor.

Life starts all over again when it gets crisp in the fall.

~ from The Great Gatsby by F. Scott Fitzgerald

Free and confidential.
24 hours a day, 7 days a week.

800.577.4727

[NuVantage.org](https://www.nuvantage.org) | nuvantage@lssmn.org



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