

THRIVING TIMES; Your Health and Wellness Dispatch

October 2025, The Energy Reset: Autumn Edition

As the leaves turn and the days shorten, October often brings a shift in how we feel. The bright, long days of summer are behind us, and suddenly the mornings are darker, the evenings cooler, and our schedules seem more tiring somehow. It's easy to slip into autopilot, but this season offers us a valuable opportunity: the chance to reset.



Autumn reminds us of cycles in nature — slowing down, conserving energy, and preparing for the months ahead. We can take inspiration from this rhythm and bring it into our own lives, using the season as a prompt to pause, reflect, and make small changes that support our wellbeing.

Why an Autumn Reset Matters

For many, October can be a busy month, as summer holidays are behind us and work deadlines intensify as the year-end approaches. Darker evenings can affect our energy and mood. Without noticing, stress starts to accumulate, showing up as tiredness, irritability, or even changes in sleep and eating habits.

By making simple, intentional adjustments now, you can prevent these seasonal stressors from stacking up and carry a steadier level of energy into the winter.

Two Micro Shifts for October

1. **Create an Evening Wind-Down** – Cooler nights are an invitation to slow down. Swap screens for a warm shower, stretching, or a good book. Consistent routines signal to your body it's time for quality rest.
2. **Choose Foods that Serve you Well** – As we naturally crave comfort, lean into warming meals. Root vegetables, soups, and seasonal fruits offer both nourishment and stability, helping avoid the energy crashes that come with quick fixes. Why not try this quick and tasty recipe?



BACON, SPINACH & EGG CUPS

SERVES 6

INGREDIENTS

6 slices smoked bacon
1 cup (30g) baby spinach
6 eggs
salt & pepper

METHOD

1. Preheat the oven to 375°F (190°C). Prepare a silicone muffin cup tray.
2. Line the bottom and sides of each cup with a slice of bacon, cutting the bacon into strips if required to ensure coverage.
3. Now press 4-5 spinach leaves into the bottom of each cup. Then crack one egg into each cup and season with a little salt and pepper.
4. Place the muffin tray into the hot oven, on the middle rack and cook for about 15 minutes, or longer depending on how set you like the eggs cooked.
5. Remove the muffin tin from the oven and allow it to cool slightly before serving.
6. Leftovers can be stored in an airtight container in the refrigerator for 3-4 days.

Coach's Corner

For me, autumn has always been about connection with nature. In my garden, I see how my plants and my bees adjust with the season — slowing their pace, storing energy, and conserving resources. It's a reminder that we too can benefit from respecting natural rhythms rather than fighting against them. Here's a quick and tasty go to recipe:

Your Invitation

If you've noticed stress creeping in or your energy dipping as the season shifts, this is the perfect time to take stock. A WELLth Check offers a simple starting point to see where you stand and uncover small, practical steps to restore balance. Sometimes, all it takes is spotting those early signs and making a shift before stress takes over.

This October, let nature's rhythm be your guide. Take the reset it offers, and step into the months ahead with clarity, calm, and renewed energy.

Warm wishes for the chilly nights ahead.

