

MYSTICAL FALL

October 2026

Essential Wellness



Trick-or-Treat Safety & Active Halloween Tips

Trick-or-treating is one of the best opportunities of the season to log extra steps while bonding with the family. Keep the night safe and energized with these quick guidelines.

Pace the Route for Physical Activity: Treat trick-or-treating as a family evening walk. Aim to cover 1–2 miles on foot instead of driving between neighborhoods.

Prioritize Visibility: Equip kids with glow sticks, reflective tape on costumes, or flashlights to stay visible to drivers after sunset.

Inspect Before Eating: Set a rule to check treats together at home before anyone digs in. It gives kids something to look forward to at the end of the walk and ensures everything is safely wrapped.

Hydrate On the Go: Carry water bottles alongside candy buckets—walking in full costumes can cause warm-up quicker than expected!

Cozy Mindset & Beating Autumn Blues

The shift into late autumn brings slower energy and less sunlight, which can impact mood for many people. Reframing October as a season for cozy rest and intentional routine can make a significant difference.

Catch Morning Sun: Get 10–15 minutes of direct morning sunlight within an hour of waking up to set your cortisol rhythm and improve nighttime sleep.

Practice "Hygge": Embrace comfortable surroundings—warm blankets, ambient lighting, and soothing warm drinks after outdoor activities.

Set Autumn Boundaries: As the holiday season approaches, guard your calendar. Pick events that truly bring joy and leave space for restful evenings at home.

Autumn Health & Immunity

Prepping for Seasonal Change

As autumn settles in and temperatures drop, your immune system faces new seasonal challenges. Shorter days and cooler air affect everything from sleep quality to susceptibility to seasonal bugs.

Simple Habits for Fall Resilience

Prioritize Seasonal Nutrition: *Swap cold summer salads for warm, nutrient-dense roasted root vegetables, squash, and pumpkins. These seasonal staples are packed with vitamins A and C to support immune function.*

Maintain Hydration: *Cold weather often dampens thirst signals, but air indoors becomes much drier. Keep a thermos of warm herbal tea or water with lemon nearby to stay consistently hydrated.*

Adjust Your Sleep Window: *As natural daylight decreases, your body produces melatonin earlier. Honor this shift by winding down 30 minutes earlier in the evening to keep your circadian rhythm balanced.*



Roasted Pumpkin & Carrot Soup

By Farmhouse on Boone

Ingredients:

- 1 medium pie pumpkin (peeled, seeded, and cut into 1-inch cubes; approximately 670g)
- 3 to 4 medium carrots, peeled and chopped into 1-inch rounds
- 1 medium sweet yellow onion, coarsely chopped
- 6 whole cloves garlic, peeled
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger
- 1 teaspoon fine sea salt (plus more to taste)
- ½ teaspoon freshly cracked black pepper
- 2 to 3 cups bone broth (or rich vegetable stock)



Step 1: Preheat and Season

Preheat your oven to 425°F (220°C). Line a large rimmed baking sheet or a 9x13-inch glass baking dish with parchment paper.

Combine the cubed pumpkin, chopped carrots, onion, and whole garlic cloves on the sheet. Drizzle evenly with the extra-virgin olive oil, then sprinkle over the paprika, ground cumin, ginger, salt, and pepper. Toss with your hands or tongs until every piece is coated in oil and spices.

Step 2: Roast to Perfection

Place the baking sheet in the oven and roast for 30 to 40 minutes. Toss the vegetables halfway through baking to ensure even browning. You'll know they're ready when the carrots and pumpkin are completely fork-tender and slightly caramelized at the edges. Remove from the oven and let cool for 10 to 15 minutes.

Step 3: Blend to Silky Smooth

Transfer the warm, roasted vegetables into a high-speed blender. Pour in 2 cups of your warm bone broth. Secure the lid and blend on high for 1 to 2 minutes until the mixture is completely smooth and velvety.

Step 4: Warm and Adjust

Pour the blended soup into a medium saucepan over medium-low heat. Stir in the remaining cup of broth if you prefer a thinner consistency. Taste and adjust with a pinch more salt or pepper if needed.