

October Fun & Resources

Horizon Grief Resource Center Self-Care Newsletter

Take some time to enjoy the autumn season as well as Halloween (if you celebrate this holiday). There are also resources with autumn self care practice suggestions. Enjoy!

Halloween Themed Workouts on YouTube

Zumba Sulu Halloween Dance Workout:

<https://www.youtube.com/watch?v=MH10Jwh8kzY&t=18s>

Up to the Beat Fitness Halloween Dance Workout:

<https://www.youtube.com/watch?v=pE11oqXDoRk>

Jenny Ford Fitness zombie themed Step Aerobics:

https://www.youtube.com/watch?v=gVmQolu_QM&t=27s

Pumpkin Carving Resource:

Free Pumpkin Carving Patterns:

<https://www.pumpkinpile.com/>

Halloween Music Stations:

Pandora's Halloween Party station:

<https://www.pandora.com/genre/halloween-party>

Pandora's Family Halloween station:

<https://www.pandora.com/genre/family-halloween>

Spotify's Halloween stations:

<https://open.spotify.com/genre/halloween-page>

Autumn & Halloween Themed Ambience Rooms

Halloween Spooky Ambience—Haunted Houses Village Rainy Halloween:

<https://www.youtube.com/watch?v=xQPak0N-1hU>

Relaxing Halloween Music—Jack O' Lanterns:

<https://www.youtube.com/watch?v=4VzPrwo2Js8>

Enchanting Autumn Forests with Beautiful Piano Music:

<https://www.youtube.com/watch?v=6qxeqGEFDt4>

The Spirit of Fall—Peaceful Music and Sounds of Nature Celebrating the Season of Autumn:

<https://www.youtube.com/watch?v=mhrIFy0sGSQ&t=2276s>

Autumn Themed Episodes of Simple Self Care Podcast

Autumn Healing Practices:

<https://www.naturallyrandikay.com/post/podcast-autumn-practices-kristenrunvik>

Fall Season Support:

<https://www.naturallyrandikay.com/post/fall-season-support>

Grounding into Fall:

<https://open.spotify.com/episode/2ap185v6hxHRPW9WrG8P0y>

Rituals for Autumn:

<https://open.spotify.com/episode/5YVcxTsNWQpTO7D14O6Kd1>

October Reflection from the Fresh Exchange:

Our Deep Exhale of the Year:

<https://freshexchange.com/october-our-deep-exhale-of-the-year/>