

Falling into Fall: Finding Your Steady Ground

Fall is a season of beauty and change, but for many women over 65, it can also bring a quiet fear of falling. This worry can limit movement, independence, and joy. Just as autumn reminds us that change can be embraced with grace, we can learn to steady ourselves—body and mind.

Emotional Support for Calm Confidence

Adaptiv® Calming Blend

- *Emotional theme:* Eases stress, tension, and feelings of overwhelm during times of change.
- *Suggested use:* Diffuse at home to create a peaceful environment or apply diluted to pulse points before heading out.



Adaptiv® Touch

- *Emotional theme:* Promotes calm focus and emotional resilience when on the go..
- *Suggested use:* Roll onto wrists, back of neck, or over the heart before social activities, errands, or physical therapy.

Adaptiv® Capsules

- *Emotional theme:* Daily internal support for balanced mood and a more adaptive mindset.
- *Suggested use:* Take one capsule daily with water to help manage stress throughout the day.

Mindful Grounding Practice

Affirmation:

"I am steady, supported, and confident. I trust my body and move with grace."

Simple Ritual:

1. Apply **Adaptiv® Touch** to wrists or heart.
2. Place both hands over your heart, inhale deeply, and repeat your affirmation.
3. Stand tall, noticing your feet grounded beneath you.
4. Take a few slow, mindful steps, feeling your balance and strength with each one.

Tip: Practice in the morning to set the tone for your day or anytime you feel uncertain or tense.

Washburn Wellness

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