



Rhode Island Behavioral Health Training

Excerpt from August 2026 Newsletter

Fall In: Curiosity as a Seasonal Wellness Practice

Fall is a season of transition. The light shifts, temperatures cool, and our paces slow from the rapid speed of summer. Fall is also an opportunity for transitions in ourselves. We often find ourselves returning to familiar routines and trying to puzzle out how they fit into our current lives. It offers a time for us to harvest what we've learned, release what no longer fits, and make thoughtful adjustments before winter.

In the Seasonal Pattern Alignment (SPA) framework we shared in the winter season, fall is a season of integration and release. Remember that seasonal alignment isn't about forcing ourselves to maintain the same energy or habits all year. It's about allowing ourselves to shift with our "seasons," the changing periods and patterns of our lives where our needs and expectations also change. Fall gives us an opportunity to notice those changes and adjust accordingly.

It's a time for us to ask ourselves: What might this season be inviting me to try differently?

Just as fall is a season of change, it is also a season of curiosity. This time of curiosity doesn't demand that we reinvent ourselves, force ourselves to be more productive, or fill our calendars with new commitments. Instead, autumnal curiosity allows us a season of experimentation. We can try new activities, skills, routines, or experiences to discover important information to guide us through this season of our lives. This experimenting and trying of new things can give us helpful information about:

- What gives us energy
- What helps us feel grounded
- What helps us feel connected to both others and ourselves

- What challenges us in healthy ways
- What may no longer fit our current needs

This time of transition and experimentation is also a time for us to lean into flexibility and self-awareness. Sometimes we don't know what will support us in a new season until we give ourselves permission to explore. By being flexible, we can experiment to find what works and what doesn't. By being self-aware, we can try new things while giving ourselves permission to find joy in both the things we discover will help us move forward and the things we discover we can leave behind.

We often associate fall with the harvest, so we can look at this life season as a time to harvest lessons learned from the past few months and seasons. We can begin harvesting our fields by asking ourselves some reflection questions:

- What brought me joy or energy this year?
- What helped me feel physically or mentally well?
- What did I keep wishing I had more time for?
- What have I learned about what I need right now?

What we learn by answering these questions can help point us toward meaningful experiments. For example, if we found that being outside brought us a lot of joy, we might decide to experiment with a new outdoor activity like hiking, birdwatching, or stargazing.

Fall also reminds us that the energy we feel in spring and summer isn't sustainable all year. Part of our experimentation can come through trying to release things that may no longer serve us in this season or allowing ourselves to replace one way of doing things with a new or different way that could serve us better. Rather than asking ourselves what we can or should add to our lives, we can ask, "What could I do differently this season?" We might also discover that our current needs uncover things we can leave behind because they no longer bring us joy, support our wellness, or meet our needs.

As we prepare to enter the fall, let's be willing to try one small fall experiment! Look at the different dimensions of wellness and see if there's one or two that stand out as areas you'd like to try something new within. A few things to remember:

1. Small changes count! Our goal is to explore and discover, not to master, something new.
2. As you try something new, you can release something old.
3. Not everything you try has to become a permanent habit.
4. Some experiments will fit; others won't. Both tell us something useful!