

SEPTEMBER NEWSLETTER



"Autumn is a second spring where every leaf is a flower."

—Albert Camus

How to Overcome the End-of-Summer Blues

huffpost.com & psychcompany.com

For many people, the end of summer is associated with a sense of gloom. As children, it meant the last of the carefree days of summer and the start of another school year; as adults, we think of the return of cooler weather and the end of vacation season and other summer fun. Regardless of the reasons, the transition from summer to fall can feel a bit more melancholy than other seasonal shifts—but if you find yourself dreading it, there are several ways to stay ahead of the end-of-summer blues.

Here are a few ideas:

- Reframe how you view the months ahead. While it may sound overly simplistic, shifting your mindset can be a powerful tool when it comes to avoiding negative feelings. Rather than thinking of the changing seasons as a loss of summer and all the joy it brings, focus on the things you love most about fall and those you won't miss about summer.
- TPlan a trip. While summer is peak travel season for many people, there are countless destinations worth visiting at other times of year—and depending on the particular place, you may find more affordable rates and fewer crowds during the fall and winter months. At the very least, the excitement that comes with planning a trip can help extend the joy of summer as you transition into the autumn months.
- Set new goals. Just as the beginning of a new year marks a time to evaluate your progress and set new objectives for what you want to achieve, the start of a new season can do the same. As fall approaches, consider what you can accomplish in the final quarter of the year, making sure to create space for goals related to self-care and things that bring you joy.
- Increase your Vitamin D intake. As the days start getting shorter, it can be more difficult to get adequate Vitamin D from the sun—and a deficiency of this crucial nutrient can correlate to symptoms of depression. To stave off the negative effects, consider adding a Vitamin D supplement to your diet or investing in a light therapy lamp.
- Embrace hygge. Pronounced “hoo-ga,” hygge is a Danish concept related to creating a cozy atmosphere. If you're dreading the arrival of colder weather, working hygge into your life may help offset the negatives. For example, cultivate a cozy environment in your home by lighting candles, bringing out your softest sweaters and blankets, and stocking your pantry with your favorite teas and other warm beverages.

Apple Cider Chicken

wellplated.com

Ingredients:

- 4 teaspoons extra-virgin olive oil divided
- 1 1/2 pounds boneless skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt divided
- 1/2 teaspoon freshly ground black pepper divided
- 1/2 cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm sweet apples, cored and cut into 1/2-inch slices
- 2 teaspoons chopped fresh rosemary plus additional for serving

Directions:

- Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook for 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.
- In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

4 Simple Home Improvements You can do in a Weekend

bhg.com

When your home is on the market, investing in simple improvements may be the key to attracting higher offers in a quicker time frame. However, if you have limited time and budget to work with, it can be difficult to identify which projects (if any) you should tackle. Here are a few ideas for easy home improvements that can typically be completed over the course of a weekend:

- Clean up the front entrance. As one of the first spaces potential buyers will see when visiting your home, the front entrance should be tidy, attractive, and inviting. To begin with, ensure that the front steps and walkway are swept and free of debris, and that any plants bordering them have been neatly trimmed. Consider placing a new welcome mat and some potted plants with brightly colored flowers near the entrance. You may also want to replace the hardware on your front door—a simple change that can give your home a more updated look.
- Install new faucets, doorknobs, and cabinet or drawer pulls—particularly in the kitchen and bathrooms. While these items may seem insignificant, having outdated versions can quickly age your home and diminish its appeal to buyers. Fortunately, swapping out older hardware is a relatively easy and inexpensive solution.
- Paint or paper an accent wall. Accent walls with bold colors or designs can add character and dimension to any room. While rich paint colors that contrast to the rest of the room are always a great choice, you may also consider applying a self-adhesive wallpaper with an eye-catching pattern. Like a huge sticker, these wallpapers adhere easily to a primed and painted wall and can even be removed and reused elsewhere.
- Add some new light fixtures. Whether brightening a dark corner or serving as a centerpiece in your kitchen or dining room, a high-quality light fixture can bring an elegant, updated look to any room.



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