

NSMHPCN COMFORT & CARE CHRONICLES | OCT 2026



OCTOBER 2026



Breast Cancer Awareness Month / Canadian Islamic History Month / Global Diversity Awareness Month / Women's History Month						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APACD = A Palliative Approach to Care with Dementia CAPCE = Comprehensive Advanced Palliative Care Education EPM = Essential Pain Management FHPC = Fundamentals of Hospice Palliative Care				1 FHPC Fall 2026A Cohort CBL #2 Fall 2026B Cohort CBL #1	2 National Seniors Day	3
4	5 World Teachers Day	6 Registration Deadline Supporting Ourselves & Others Through Grief	7 APACD Fall 2026 Cohort	8 National Children's Hospice Palliative Care Day	9	10 World HPC Day World Mental Health Day
11	12 Thanksgiving  CLOSED	13 CAPCE Fall 2026 Cohort Module #2	14	15 Pregnancy and Infant Loss Remembrance Day	16	17 International Day for the Eradication of Poverty
18  Hospice Orillia Pickleball Tournament	19	20 WORKSHOP Supporting Ourselves & Others Through Grief	21	22	23	24 World Polio Day
25	26 EPM Fall 2026 Cohort Coaching Session #1	27 CAPCE Fall 2026 Cohort Module #3	28	29 FHPC Fall 2026A Cohort CBL #3 Fall 2026B Cohort CBL #2	30 World Stroke Day Int'l Day of Care and Support	31 Halloween 

TABLE OF CONTENTS

- 2 Staff Directory
- 2 Newsletter Delivery Update
- 3 Supporting Your Team
- 4 Hot Tips - Food & Fluids at End-of-Life
- 4 Supporting Ourselves and Others Through Grief
- 5 Beyond the Stethoscope: Volunteers in HPC
- 5 Advance Palliative Practice Skills (APPS)
- 6 Grief & Bereavement: An Introductory Course
- 6 Canadian Serious Illness Conversations (CSIC)
- 7 Comprehensive Advanced Palliative Care Education (CAPCE)
- 8 Essential Pain Management (EPM)
- 9 Fundamentals of Hospice Palliative Care (FHPC)
- 10 A Palliative Approach to Care with Dementia (APADC)
- 11 Resources
- 12 Waiting Room Revolution
- 13 Wellness Corner



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

Supporting Your Team through
our Professional Palliative
Education Portal (PPEP)



nsmhpcn.ca/ppep-login/

NSMHPCN Staff Directory

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PPSMC = Palliative Pain and Symptom Management Consultants

Updated Sept. 21, 2026

*= Hospice Orillia

A Change to Our Newsletter Delivery Platform



We are pleased to share that we are making an important update to the way we deliver our newsletters. Beginning in September, our email communications will be sent through Envoke, a Canadian-owned and operated email communications platform.

This change reflects our ongoing commitment to protecting your privacy and ensuring our communications are managed through a trusted platform that meets Canadian privacy standards. With servers located in Canada, Envoke helps ensure your information remains secure and is handled responsibly.

Envoke is trusted by a wide range of Canadian organizations, including municipalities, universities, healthcare organizations, associations, and public sector organizations. Organizations using Envoke include McGill University, Cape Breton University, University of Winnipeg, District of West Vancouver, Federation for Humanities and Social Sciences, College of Speech and Hearing Health of BC, United Way Winnipeg, and many more.

In addition to enhanced privacy and security, our new newsletter platform introduces several new features designed to improve your experience. You'll be able to update your communication preferences and choose which newsletters and updates you would like to receive, ensuring your inbox contains the information that matters most to you. Our newsletters will also include Newsletter Anchor Points, allowing you to quickly jump to the sections that interest you most for faster, easier navigation.

You may notice some small changes to the appearance and delivery of our newsletters as we transition to this new system, but our commitment to keeping you informed about our programs, events, and community remains the same.

To ensure you continue receiving our newsletters, please add our email address to your safe senders list or approved contacts to help prevent messages from being directed to your junk or spam folder.

Thank you for staying connected with us. We appreciate the opportunity to share our work and updates with you.



Supporting Your Team

through partnerships, innovative programs and knowledge exchange.

NSMHPCN provides compassionate, holistic care for those with life-limiting illness through collaboration, innovation, and education. NSMHPCN offers self-paced modules, live workshops, and specialized programs help professionals and caregivers build skills and knowledge in palliative care.



Specialized Course

Educational opportunities including specialized courses, workshops and conferences. Topics listed to the right.



In Service Education

In-service presentations on topics such as advanced care planning, symptom management and bereavement.



Joint Visit/Case Based Support

Advanced symptom assessment by a Palliative Pain and Symptom Management Consultant in complex palliative care cases.



FREE On Demand Education

Providing a wide variety of on-demand education opportunities for those who require the option to learn at their own pace. Topics include ACP, Challenging Chats, Congestive Heart Failure, Ethics, Palliative Performance Scale (PPS) plus many more.



Supporting Your Teams Continued Education



Not sure where to begin your education journey?

Recommended Order

Fundamentals of Hospice Palliative Care (FHPC)

Advance Palliative Practice Skills (APPS)

Comprehensive Advanced Palliative Care Education (CAPCE) Program

In No Particular Order

Essential Pain Management

Canadian Serious Illness Conversation (CSIC)

Grief & Bereavement: An Introductory Course

A Palliative Approach to Care with Dementia



**North Simcoe Muskoka Hospice
Palliative Care Network**

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Palliative Care and persons with Developmental Disabilities

Palliative care for persons with intellectual and developmental disabilities (IDD) is an important component of providing compassionate, person-centred care for individuals living with serious or life-limiting conditions. Persons with IDD may experience barriers to accessing palliative care, including communication difficulties, limited recognition of pain or symptoms, and assumptions that they are unable to participate in decisions about their care. Effective palliative care should therefore prioritize individualized communication, respect for autonomy, and meaningful involvement of the person in decisions to the greatest extent possible. Healthcare providers should also work collaboratively with families, caregivers, and other members of the care team while ensuring that the preferences, values, and rights of the person with IDD remain central. With appropriate accommodations and support, palliative care can help promote comfort, dignity, quality of life, and equitable access to end-of-life care for persons with IDD.

READ

Intellectual
Disability and
Palliative Care

<https://bit.ly/OCT26R>



WATCH

An Introduction to
Improving Palliative
Care for PWIDD

<https://bit.ly/OCT26W>



LISTEN

IDD Health Matters
- IntecctAbility

<https://apple.co/4iEedSi>



Supporting Ourselves and Others Through Grief

FREE IN-PERSON WORKSHOP FOR HEALTH SERVICE PROVIDERS

**Hosted by Louise Brazier, Bereavement Services Coordinator,
and Stefanie Collins, MSW, RSW, Social Worker**

Grief is part of both our work and our lives. As health service providers, we regularly support individuals, families and colleagues who are experiencing grief and loss. Our own experiences, beliefs and biases can influence how we respond.

Join us for a free, interactive, in-person workshop where we'll explore:

- How our experiences with grief may shape our practice.
- The ways personal and systemic biases can affect how we respond to grieving people.
- Current understandings of grief and the many ways people experience it.
- How to be present with someone who is grieving without feeling the need to fix things or find the perfect words.
- Practical ways to support ourselves, our colleagues, families and the people in our care.

This session is an opportunity to pause, reflect and learn with others while building confidence in supporting people through grief and loss. It is open to health service providers from all sectors and disciplines.

FREE • IN-PERSON • INTERACTIVE

**Come prepared to reflect, share, learn and explore:
How can we better hold space for grief for others and for ourselves?**

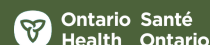


Workshop Details

Date: Tuesday, October 20th, 2026
Time: 8:30 am - 2:30 pm (light refreshments provided)
Location: Orillia Common Roof Building, 169 Front St S., Orillia
Cost: FREE
RSVP: Scan QR Code or visit <https://nsmhpcn.ca/event/Oct20>



North Simcoe Muskoka Hospice Palliative Care Network
 169 Front St. S., Orillia, ON L3V4S8
nsmhpcn.ca | Ph: (705) 325-0505





BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://nsmhpcn.ca/beyond-the-stethoscope/)

OCTOBER 2026: DISCOVER THE HEART OF HOSPICE VOLUNTEERING

What does it mean to volunteer with hospice? In this episode of Beyond the Stethoscope, our guest host Tracy Lavigne speaks with hospice professionals from Hospice Orillia and Hospice Simcoe Seasons Centre about the essential role volunteers play in supporting individuals and families living with life-limiting illness, end-of-life care, and bereavement. From providing companionship, a listening ear, and caregiver relief to creating life-story books, supporting grief programs, preparing meals, assisting with events, and helping behind the scenes, hospice volunteers bring compassion and connection to every part of the care journey. The conversation also explores the training involved, the personal rewards of volunteering, and opportunities to make a difference in homes, hospitals, long-term care, community programs, and beyond.

Amazon Podcasts



Apple Podcasts



NSMHPCN.CA



Scan to Listen!!

Advance Palliative Practice Skills (APPS)

nsmhpcn.ca/apps/



Building on the Fundamentals of Hospice Palliative Care program, the Advanced Palliative Practice Skills (APPS) program allows participants to learn and develop skills and strategies for enhancing communication with the person, family, and team members; effective team functioning; self-care and relieving common end-of-life symptoms.

This course will allow learners to have an enhanced understanding and respect for the role of PSWs and Health Care Aides in providing a palliative approach to care, be able to identify opportunities and strategies around symptom management and comfort measures at end-of-life, have an enhanced understanding of loss and grief, and be comfortable with actively contributing to a team approach.

Course Description/Overview:

- You will have 8 weeks to complete the course. To receive your APPS certificate, you must:
 - Complete all the online learning modules for the course (readings, interactive activities, case studies, self-checks and reflection) and achieve 100% on each module quiz (approx. 18 hours)
 - Attend the scheduled Culminating Session (2.5 hours)

Duration: Approximately 8 weeks

Fee: \$40.00

Pre-requisite: Fundamentals of Hospice Palliative Care

UPCOMING SESSION:	Winter 2027
Start Date:	Jan. 20 th , 2027
Registration Deadline:	Jan. 5 th , 2027
Time:	9 AM - 11:30 AM
Required Session:	Mar. 10 th , 2027

Grief & Bereavement: An Introductory Course

<https://nsmhpcn.ca/education/grief-bereavement/>



The Grief & Bereavement: An Introductory Course half-day workshop is designed as an interactive exploration of grief, bereavement, mourning, and death and dying in our society today.

This virtual course is designed to allow for self-reflection on our own experiences with grief, our inner and outer biases, and how they can impact us as friends, family members, peers and/or healthcare providers. Participants will explore contemporary grief theory, how to hold space for grieving people, and provide practical skills and knowledge on how to best support ourselves and others.

UPCOMING SESSIONS:	December 2026	March 2027
Date:	Dec. 8 th , 2026	Mar. 11 th , 2027
Registration Deadline:	Nov. 23 rd , 2026	Feb. 24 th , 2027
Time:	9 AM - 1 PM	9 AM - 1 PM

Canadian Serious Illness Conversation (CSIC)

nsmhpcn.ca/csic



This program equips health care professionals with the skills to have compassionate and effective conversations with patients, families, and caregivers facing serious illness. By focusing on person-centered values, goals, and wishes, these conversations help reduce confusion and ensure that care decisions align with what matters most to the individual. The training includes a self-learning module and a facilitated session, guiding professionals in the use of the Serious Illness Conversation Guide developed by Ariadne Labs and Pallium Canada.

Course Overview

- Designed to provide health care professionals with the tools and knowledge needed to have compassionate and effective conversations with patients, families, and caregivers who are dealing with a serious illness
- Effective conversations between clinicians and individuals about values, goals and wishes in regards to health care treatment ease confusion and fear while ensuring decisions reflect what is most important to the individual
- Research shows that timely, person-centered serious illness conversations and care planning improve the care experience for both the clinician and the individual and their family/caregivers
- Provides a comprehensive understanding for healthcare professionals of the use and application of the Serious Illness Conversation Guide, developed by Ariadne Labs of Harvard Medical School and hosted through Pallium Canada
- Contains 2 parts: an online self-learning module (approximately 1.5-2 hours) and a 2 hour facilitated session led by certified facilitators to practice and refine the use of the guide through role-playing exercises

Duration: 2-hours
Fee: FREE

UPCOMING SESSIONS:	Winter 2027	Spring 2027
Date:	Jan. 29 th , 2027	Mar. 26 th , 2027
Registration Deadline:	Jan. 22 nd , 2027	Mar. 19 th , 2027
Time:	9 AM - 11 AM	9 AM - 11 AM

Comprehensive Advanced Palliative Care Education (CAPCE) nsmhpcn.ca/education/capce



The CAPCE program is uniquely designed for nurses (RPN, RN, NP) to develop their leadership and expertise skills in hospice palliative care across all healthcare sectors.

All course components are mandatory, including attendance at all virtual in-class learning sessions.

Duration: Approximately 5 months
Fee: \$200

Course Components:

- Nine two-hour virtual in-class coaching sessions over 18 weeks
- Self-directed reading and tasks
- Complete and submit three learning goals and attend a 1:1 review of goals with facilitator
- Three Peer-to-Peer exchanges
- Four discussion board postings
- End of module quizzes
- Complete a final assignment and application of knowledge in the final coaching session
- All course components are mandatory, including attendance at all virtual in class learning sessions.

Course Pre-requisites:

- Fundamentals of Hospice Palliative Care Program
- A minimum of 1-year experience caring for people with a progressive, life-limiting illness
- Ability and interest to function as a Resource Nurse, providing primary level support and advanced level knowledge and skills for care team members in his or her organization
- Ability and interest to coach others, facilitate change and be a role model
- Sensitivity to the impact of attitudes, behaviours, life experiences, values, thoughts and feelings on the well-being and quality of life from the perspective of all partners in care

UPCOMING SESSIONS:	Winter 2027	
Registration Deadline:	Jan. 4th, 2027	
Start Date:	Jan. 19th, 2027	
End Date:	May 25th, 2027	
Required Sessions		
Intro to CAPCE	Jan. 19th, 2027	9 AM-11 AM
Module #1	Feb. 2nd, 2027	9 AM-11 AM
Module #2	Feb. 16th, 2027	9 AM-11 AM
Module #3	Mar. 2nd, 2027	9 AM-11 AM
Module #4	Mar. 23rd, 2027	9 AM-11 AM
Module #5	Apr. 6th, 2027	9 AM-11 AM
Module #6	Apr. 20th, 2027	9 AM-11 AM
Module #7	May 4th, 2027	9 AM-11 AM
Module #8	May 18th, 2027	9 AM-11 AM

Essential Pain Management (EPM)

nsmhpcn.ca/education/epm/



Over the course of eight weeks, NSMHPCN Palliative Pain and Symptom Management Consultants (PPSMCs) will work with EPM learners to provide foundational knowledge and skills in pain assessment, management, and evaluation from a palliative care approach. The focus of the course is on the pharmacological management of pain, which can then be applied to practice.

The focus of this course is on the pharmacological management of pain. Pain assessment, management, and evaluation are foundational skills for nurses working in any practice setting. EPM aims to equip nurses with a foundational knowledge base and skills around pain management, from a palliative care approach, that can be applied to your practice.

EPM

You will have 8 weeks to complete the course. To receive your EPM certificate, you must:

- Complete all the online modules for Part 1 (EPM) and achieve 100% on each module quiz
- Attend the scheduled Part 1 (EPM) coaching session (3 hours)
- Complete the online module for Part 2 (AMP) and achieve 100% on the module quiz
- Attend the scheduled Part 2 (AMP) coaching session (3 hours)

Curriculum topics include:

- Part 1 Modules: Getting started, Laying the Foundation, Understanding Pain, Assessment, and Approaches to Pain Management
- Part 2 Module: AMP Preparatory Module (a more in-depth look at equianalgesia and additional application of pain management principles to specific skills and scenarios)

Coaching Sessions: Both sessions will provide case-based learning opportunities to apply knowledge and skills to practice.

Duration: 8 weeks

Fee: \$40.00

UPCOMING SESSIONS:	Winter 2027
Course Dates:	Feb. 8th, 2027 – Apr. 5th, 2027
Registration Deadline:	Jan. 24th, 2027
Independent Study:	Feb. 8th, 2027 – Mar. 21st, 2027
Coaching Session #1:	Mar. 22nd, 2027, 5:30 PM – 8:30 PM
Coaching Session #2	Mar. 30th, 2027, 5:30 PM – 8:30 PM

Fundamentals of Hospice Palliative Care (FHPC)

nsmhpcn.ca/fundamentals-of-hpc/



The Fundamentals of Hospice Palliative Care program is a highly interactive, introductory course for all healthcare providers, support workers, and volunteers interested in enhancing their knowledge of Hospice Palliative Care.

Course Components:

- Three, 3-hour virtual in-class Case Based Learning sessions
- Self-directed online learning modules x 11
- Two Peer-to-peer exchanges
- One reflective Activity
- All course components are mandatory, including attendance at all virtual in-class learning sessions.

Duration: Approximately 9 weeks

Fee: \$40

Pre-requisites: None

UPCOMING SESSIONS:	2027			
	Winter 2027 A		Winter 2027 B	
Registration Deadline:	Jan. 6th, 2027		Jan. 20th, 2027	
Start Date:	Jan. 21st, 2027		Feb. 4th, 2027	
End Date:	Mar. 18th, 2027		Apr. 1st, 2026	
Required Sessions:				
CBL #1	Jan. 21st	1 PM - 4 PM	Feb. 4th	9 AM - 12 PM
CBL #2	Feb. 18th	1 PM - 4 PM	Mar. 4th	9 AM - 12 PM
CBL #3	Mar. 4th	1 PM - 4 PM	Mar. 18th	9 AM - 12 PM

A Palliative Approach to Care with Dementia
nsmhpcn.ca/apacd/



Taking a palliative approach to care improves the quality of care provided and enhances the overall well-being of the person with dementia and their family and caregivers. However assessing and managing symptoms and ensuring the plan of care for someone living with dementia maintains their dignity and follows their wishes, goals, and values can be difficult when the disease reaches the stage where the person is not able to speak for themselves.

This workshop’s learning objectives:

- Describe the prevalence and pathophysiology of the various types of dementia
- Better support the person living with dementia and their family/caregivers through end of life
- Understand some of the commonly used medications in dementia
- Understand specialized tools available for symptom assessment and management in dementia

Education specific to dementia for health care professionals allows for:

- Better symptom management as symptom assessment and management is more complex in the context of cognitive impairment
- Improved communication between family/caregivers and health care professionals by giving health care professionals strategies for facilitating open and honest discussions about condition, prognosis, and end-of-life preferences
- Effective interdisciplinary collaboration to tailor the plan of care to the unique needs of each patient and their family/caregivers living with dementia
- Increased caregiver support by better recognizing their unique needs and providing resources, education, and support during an extended illness journey that can place a significant burden on family caregivers
- Improved coping skills for health care professionals to promote resiliency and minimize the risk of burnout

UPCOMING SESSIONS:	Winter 2026	Winter 2027
Date:	Dec. 2nd, 2026	Feb. 24th, 2027
Registration Deadline:	Nov. 17th, 2026	Feb. 9th, 2027
Time:	1 PM - 3 PM	1 PM - 3 PM



FNIMUI RESOURCE COLLECTION

NSMHPCN.CA/FNIMUI-RESOURCES/

Resources include:

- Community Resource Directory
- First Nations Communities Directory
- Illness Specific Resources



Resource Library for Patients, Family Members and Caregivers

NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/

- Advance Care Planning
- Grief & Bereavement
- Hospice Directory
- Illness-Specific Resources
- Palliative Care Myth Busting
- Supporting Children
- Resources for Following Death



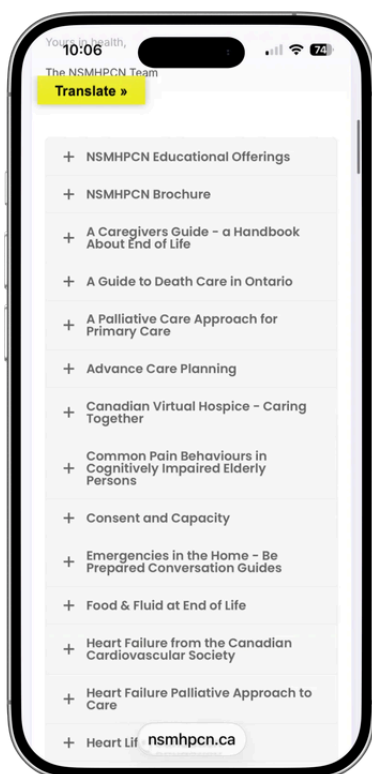
Virtual Resource Binder for Healthcare Providers

HOSPICE PALLIATIVE CARE RESOURCES AT YOUR FINGERTIPS

NSMHPCN.CA/VIRTUAL-RESOURCE-PACKAGE/

Includes:

- Advance Care Planning
- FNIMUI Resources
- Palliative Care Health Services Delivery Framework
- Preferred Earlier Identification Tools
- Recommended Tools for Assessment
- Reference Cards and Scales
- Symptom Assessment and Screening
- A Palliative Approach to Care for Long-Term Care
- Plus much more!



The Waiting Room REVOLUTION



A social movement designed to put the *human* back at the centre of care.

Get Ready for the Waiting Room Revolution Ambassador Workshops

Exciting news! The Hospice Orillia team is proud to offer upcoming Waiting Room Revolution Ambassador training workshops—a powerful opportunity to be part of a growing movement that is transforming how patients, families, and care providers experience care.

The Waiting Room Revolution was founded by Dr. Hsien Seow, a health-care researcher, and Dr. Sammy Winemaker, a palliative-care physician, after years of witnessing how often people are left unprepared for what to expect during a life-changing illness. In response, they launched a social movement that challenges the status quo and advocates for a more compassionate, transparent, and empowering approach to care.

At the heart of this movement are the 7 Keys—a practical framework that helps people feel more informed, involved, and supported. These upcoming workshops will equip you with the tools and confidence to become a Waiting Room Revolution Ambassador, sharing this vital approach with your community and helping to bridge the gap between what clinicians understand and what patients and families are actually told.

Join Hospice Orillia for an inspiring and meaningful training experience, and be part of a movement that brings greater clarity, compassion, and support to care conversations across our community. Registration is now open for the following dates:

- Thursday, September 17th, 2026
- Thursday, November 19th, 2026
- Thursday, January 21st, 2027



For more tools and resources, visit <https://hospiceorillia.ca/wrr> or scan the QR Code.

7 keys for navigating a life-changing illness



WALK TWO ROADS

Hope for the best and plan for the rest



ZOOM OUT

Understand the big picture of your illness



KNOW YOUR STYLE

Reflect on how you cope and face challenges



CUSTOMIZE YOUR ORDER

Tailor the care plan to your values and preferences



EXPECT RIPPLE EFFECTS

Prepare for the family's parallel journey



CONNECT THE DOTS

Play a central role in navigating the system



INVITE YOURSELF

Initiate conversations about what to expect

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Wellness Corner

October Wellness: Making Space for What Matters



Cut me out and place me on your fridge
for a quick Self Check-In reminder

NSMHPCN

Self Check-In

Take a quiet moment
today to ask:

What has been taking up
the most space in my mind
lately?

What would help me feel a
little more supported this
week?

Is there one responsibility I
can pause, share, simplify,
or let go of?

Take
Care of
Your
Mind

A Gentle October List

- Take a seasonal walk – Notice the changing leaves, cooler air, and sounds around you.
- Make something warm – Prepare tea, soup, oatmeal, or another comforting favourite.
- Clear one small space – Tidy a drawer, shelf, bedside table, or corner that has been bothering you.
- Reconnect with someone – Send a message, make a phone call, or invite someone for a quiet visit.
- Plan for a darker day – Choose a few activities that support you when your energy or mood is low.
- Spend time outdoors – Even ten minutes of fresh air can be a meaningful reset.
- Do one thing slowly – Eat a meal, drink your coffee, fold laundry, or get ready without rushing.
- Name what you're carrying – Write down a worry, responsibility, or emotion you have been holding.
- Make room for comfort – Light a candle, listen to music, wrap up in a blanket, or watch a favourite film.
- Offer yourself the same kindness – Speak to yourself as you would speak to someone you care about.

A Soft Reminder

You do not have to feel grateful, cheerful, or "ready" all the time. October can hold many feelings at once: comfort and sadness, energy and fatigue, connection and loneliness.

Whatever this season brings, your feelings deserve patience and care.