

I Love November!

I love the smells of November, from the earthy scents outside to nourishing slow-cooker dinners; it really is an olfactory (sense of smell) treat!

November brings sharper, colder weather, which I explore in my latest blog, *Wintering Well*. Socks and slippers matter too! The link is below if you haven't had a chance to read it yet.

These colder months can be enjoyed instead of endured – it is a choice we make. A simple trick that works for me is saying "I get to" instead of "I have to".
Sure, getting up in the dark isn't quite as inviting as those bright, sunny mornings.

However, these darker months can be a real invitation to move at a slower pace. We get to enjoy things that don't feel quite the same in the warmer, brighter months – like getting cosy under a blanket with a hot drink. Check out my fascinating recommended read below!

It is undeniably important to keep your body moving year-round. These darker months may mean moving your outdoor exercise indoors or adapting your routine to suit the daylight hours and colder temperatures. You can read more about this in my blog on staying fit in cold weather.

You can also get active at home or in the office, with so many mini movements we can inject into our day. These little movement breaks are a great way to help prevent stiffness! You'll find lots of free mini routines in my video resource library – be sure to save your favourites!

December is getting closer, and the lights and festivities are right around the corner! Check out my tips for avoiding the Christmas crunch, so you can enjoy the build-up rather than feel overwhelmed. Then, much like November, we can flow into a gentler pace after Christmas (more on this next month!).

And finally, if you'd like to embrace the colder months, read my Wintering Well blog for more ideas on looking after your feet and leaning into the enjoyment of a slower-

paced, happy, healthy winter.

Wishing you a happy, healthy day,
Emily

P.S. I'd really value your thoughts. You can complete my short feedback questionnaire here: https://forms.gle/XVFXQfiqq2CAQ2Zr5

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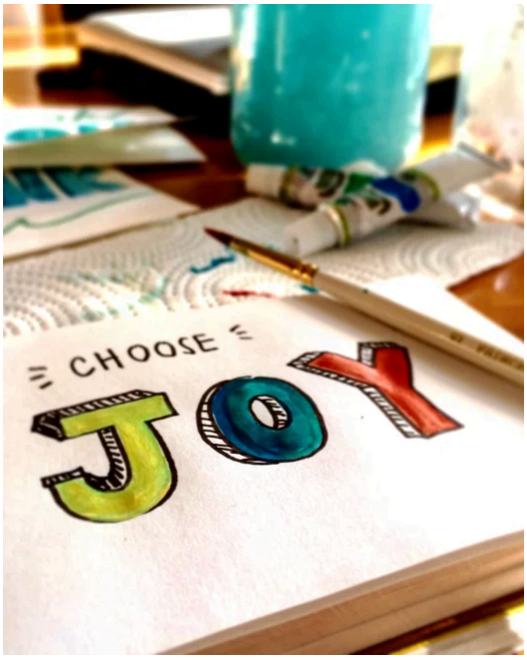
November Favourites

If you've been part of the KOPI community for a while, you'll know I love stationery and a good planner!
I've ordered my 2027 organiser from Inspired Stories and have started mapping out the year ahead, from must-dos to personal goals.
I like to celebrate the new year in March, when spring arrives, but planning now helps me focus and gather my resources, ready to stretch out of wintering!



Something for you

This time of year, diaries can fill up quickly, but not all socialising is for everyone. If you're craving a little peace and quiet, why not embrace JOMO (the Joy of Missing Out) instead of FOMO (the Fear of Missing Out)?

Save your “yes” for the things you genuinely want to do (or really can't get out of – we all have those!). Sometimes, slowing down and enjoying quieter hobbies can be just as rewarding.



Book Club

Art Cure opened my eyes to the remarkable ways creativity and the arts can support our health and wellbeing. Professor Daisy Fancourt brings together fascinating research with a lovely reminder that creativity isn't just an optional extra – it's

something we can all make space for in our everyday lives and enjoy along the way! Read my full book review here.



Start Here

Simple body boosts really do work! I lean into these little movements year-round, and keeping them in my routine helps me feel sparky, mobile, and energised. It's amazing what a little movement can do!

Goals matter too, especially when it comes to our health and wellbeing. Knowing what we're working towards helps us stay motivated and make progress. Watch my simple body boosts video and discover why I like to know my patients' goals.

A Little Inspiration

"You are never too old to set another goal or to dream a new dream"
C.S. Lewis

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