

The Art of Slow Girl Autumn in Your Home

In recent years, the “Slow Girl” movement has emerged as a counterpoint to the constant on-the-go culture. It encourages people – especially women – to embrace a slower, more mindful way of living. Slow Girl Autumn then acts as an extension to this ethos. Capturing the essence of slowing down as the season transitions.

Rather than rushing through autumn and counting down the days to the holidays, Slow Girl Autumn encourages you to take the time to appreciate the beauty of the season. It’s about enjoying cooler mornings, taking leisurely walks through crisp fallen leaves, sipping tea by the fire, and creating a calm, reflective atmosphere at home.

For many, this trend is a way to reduce stress and find joy in simple pleasures. It’s about layering up in cosy knits, settling into a slower rhythm, and enjoying moments of stillness. This movement naturally translates into home décor as well. The goal is to create a home environment that invites relaxation, comfort, and a bit of rustic, natural charm – making it a perfect fit for autumn.



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Embracing a Warm, Natural Colour Palette

One of the first steps in designing for Slow Girl Autumn is choosing the right colours. Swap out bright, bold tones for a softer, earthy palette inspired by the natural colours of autumn. Think shades of terracotta, burnt sienna, olive green, mustard yellow, and rich browns. These hues bring warmth and create a sense of grounding and cosiness, which are central to this aesthetic.

Consider integrating these colours through accessories like throws, cushions, rugs, or even small pieces of artwork. If you're feeling adventurous, a feature wall in a warm autumnal shade can add depth and transform your room into a cosy retreat.

Focus on Textural Layers

Autumn is the perfect season to layer textures for added warmth and depth in your home. Start with chunky knit

blankets, plush cushions, and soft throws. Wool, velvet, and linen are excellent materials for creating a tactile, inviting environment. You might also incorporate natural textures like jute rugs, wooden accents, or woven baskets. All of which contribute to the earthy, grounded feel of Slow Girl Autumn.

Consider draping a throw blanket over an armchair, laying a thick rug over [dark brown flooring](#) or stacking cushions in varying sizes and textures. These can instantly make your space more comforting and inviting.

Introduce Ambient Lighting

As the days get shorter, it's necessary to think about your lighting. You'll want to incorporate ambient lighting, which can make a huge difference in setting a calm and cosy mood. Replace bright, overhead lights with softer options such as table lamps, floor lamps, and string lights. Candles are also a staple in the Slow Girl Autumn aesthetic, offering a warm, flickering glow that adds a touch of magic to your space.

If you want to take it a step further, go for LED candles with a soft, warm hue for safer, long-lasting lighting. Lantern-style lights or Himalayan salt lamps can also add a rustic touch, while dimmers can give you control over the brightness, helping create the perfect ambience.

Bring Nature Indoors

Slow Girl Autumn encourages a deep connection with nature, which can be reflected in your home décor. Bringing in natural elements, like dried flowers, seasonal foliage, or even small pumpkins, can enhance the autumnal feel. Dried pampas grass, wheat stalks, and eucalyptus bouquets are popular choices as they add a rustic, minimalist touch. Plus, they last longer than fresh flowers.

You can also incorporate natural materials through wooden bowls, stone vases, or clay pots to display these seasonal

elements. An arrangements of acorns, pinecones, or other autumnal finds from nature walks can be a lovely addition to your coffee table or shelf, creating a subtle reminder to slow down and enjoy the beauty of the season.

Curate a Relaxing Environment

The purpose of Slow Girl Autumn is to create a space that invites relaxation and mindfulness. Make your home a place to recharge by incorporating cosy, inviting elements that help you unwind. Set up a dedicated reading nook with a comfy chair, side table stacked with your favourite reads along with a plush rug across a [dark oak floor](#). Create a tea or coffee station with seasonal flavours to encourage slow, mindful mornings.

Adding a few of your favourite self-care items, like a soft robe, essential oils, or a snug pair of slippers, can also enhance the mood. Consider adding calming scents like vanilla, cinnamon, or cedarwood through candles, diffusers, or potpourri to bring a comforting fragrance to your space.

The Mindset of Slow Girl Autumn

While the décor tips help set the aesthetic, the true essence of Slow Girl Autumn lies in adopting a slower, more mindful approach to daily life. It's about finding joy in simple pleasures – enjoying a book, journalling, baking seasonal treats, or taking time for a warm bath. Even when surrounded by the perfect autumn décor, the goal is to pause, breathe, and appreciate small moments that often go unnoticed in the rush of everyday life.