

PRAY

1. Make the first words when you wake a prayer

One sentence will do. Or perhaps the Lord's prayer.

2. Aim for at least 30 mins prayer/Bible a day

Try to make it the same place, same time each day. Use a journal if it helps. If fidgety walk and pray.

3. Allow the events and encounters of the day to prompt you to pray

When meet someone, when struggling with something, and so on.

4. Memorise a weekly Bible verse/passage

Allow it to permeate your week.

5. Pray the Examen before you go to sleep

You can do a short version while you brush your teeth, or a longer version, perhaps using a journal.

MOVE

1. Walk at least 10,000 steps a day

Start at lower number and build up. Build it into daily routine: walk to work, park further away, take stairs.

2. Do a form of strength training at least twice a week

Start slow, build up: squats, calf-raises, press ups, tricep dips, lunges.

3. Do a form of high-intensity interval training twice a week

Don't need to go to gym. Walk fast for 1 min, slow back. Repeat x5.

4. Make a habit of movement snacking

3 or 4 times a day, 5 days a week: walk 250 steps, 5x tricep dips, star jumps, lunges, side lunges, press ups.

5. Do daily glute exercises to help wake them up

One every day, whole series 4x a week. Can do them while watching TV.

EAT

1. De-normalise sugar (retrain your taste buds)

Read labels carefully; eat protein with each meal; have healthy snacks available e.g. nuts, seeds.

2. Eat five different vegetables every day

Ideally of different colours, and cruciferous ones e.g. broccoli, cauliflower, cabbage, kale, sprouts.

3. Eat all your food within a twelve hour window

Try not to eat anything after 7 or 8pm and before 7 or 8am to work with your circadian rhythm.

4. Drink eight glasses of water a day

Aiming for 1.2 litres.

5. Unprocess your diet

Try to avoid any products that contain more than five ingredients.

RELAX

1. Me-time every day

15 minutes to do something relaxing you really enjoy, but not on a screen.

2. Weekly screen-free Sabbath

Plus turn off notifications, no screens for an hour after rising and at least 30 minutes before bed.

3. Keep a gratitude journal

Before bed list three things that have gone well/grateful for.

4. A daily practice of stillness

Five minutes a day, ideally at the same time of day. Aim to build up to 10-15 minutes.

5. Eat one meal per day around a table

No electronic devices, preferably with others if possible, and without any rush.

SLEEP

1. Create an environment of absolute darkness

No screens in bedroom, buy an alarm clock, get thick curtains.

2. Spend at least 20 minutes outside every morning

Drink a coffee/have breakfast/pray outside, go for a walk mid morning.

3. Create a bedtime routine

No screens/tech ideally 90 minutes before bed, and at least 30 minutes. Go to bed/get up same time each day.

4. Manage your commotion

Don't check emails, watch disturbing TV, talk about exciting or difficult things an hour before bedtime.

5. Enjoy your caffeine before noon

It takes 8 hours for it to work through some people's systems.

SEVEN-DAY DIGITAL DETOX
MONDAY Switch off push notifications on your phone, tablet and laptop
TUESDAY Unsubscribe from redundant email lists
WEDNESDAY Set your email apps to refresh manually; take emails (or at least work emails) off your phone
THURSDAY Device box for meal times – they <i>must</i> go in before you sit down
FRIDAY Can you switch off all your e-devices ninety minutes before bed? Consider disabling your smartphone email inbox until Monday morning
SATURDAY Have two one-hour periods during the day where you are e-device free; see if you can enjoy some special moments without posting them on social media
SUNDAY SCREEN-FREE DAY Live your entire day offline and without screens

STILLNESS INTERVENTIONS YOU MIGHT THINK OF TRYING
Meditations with an app like Calm
Deep breathing
Yoga breathing practices such as breathing in through left nostril for four, holding for four, and breathing out through the right
3-4-5 breathing
Five minutes for colouring in
Sitting in silence with full awareness of your senses, e.g. feel your feet on the floor, the breeze on your cheeks etc.
Listening to music mindfully – headphones on, eyes closed, fully focused

TIPS TO HELP YOU INCREASE YOUR WATER INTAKE
Have two glasses of water when you wake up each morning
If you're hungry mid-morning or mid-afternoon, try having a glass of water instead of a snack
Once every hour, get up from your desk and go to the water cooler
Drink a glass of water thirty minutes before each meal
Set an alarm three times per day to remind you to have a drink
Try adding lemon or orange slices for flavour
Buy a 600ml bottle, aiming for 1.2 litres per day, so try to have finished one by lunch and one by teatime

EXAMPLES OF PHONE-FREE ME-TIME YOU MIGHT CONSIDER
Having a bath
Going for a walk
Sitting in a café having a drink
Sitting on a park bench relaxing
Reading a magazine
Reading a book
Singing
Playing music
Gardening
Cooking with your favourite album playing, or in silence
Painting
Dancing
Fifteen minutes of yoga or Tai Chi
Relaxing at home, with or without music

TIPS TO HELP YOU EMBRACE DARKNESS
Fit correctly sized extra-thick curtains or, even better, blackout blinds
Remove all screens from your bedroom (laptops, tablets, phones, televisions)
Buy an old-fashioned alarm clock
Ensure any landing curtains are blacked-out and drawn. Light can easily leak into your bedroom from elsewhere in the house
Leave your chargers in another room to avoid bringing your phone into the bedroom
Buy a red night-light
Buy amber glasses to help minimise blue-light exposure in the evening

TIPS TO MANAGE YOUR COMMOTION
Don't watch the news, a thriller, or any similar commotion-causing programme before bed
Don't discuss financial or stressful family matters before bed
Make it a rule not to check work emails in the ninety minutes before bed
Focus on relaxing exercises in the evening such as yoga or light stretching
Try the 3-4-5 breathing method to help you unwind from the day's stresses
Meditation before bed can help you quieten your mind
Educate your family and friends about your evening routine
Make an entry in your gratitude journal before bed