

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.

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 our 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.

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.

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.

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 15 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.

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 *must* 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