


# Just One Thing

Easy to do

Some effort needed

<b>Drink water</b> first thing & with every meal 	<b>Snooze</b> 20 mins between 12pm & 3pm 	<b>Eat oily fish</b> 2x a week: mackerel, salmon, herring, sardines, anchovies 	<b>Houseplants</b> have 5/6 in the rooms you use: peace lily, spider plant, aspidistra, aloe vera, rosemary, ivy 	<b>Eat an apple</b> Pink Lady has most flavonoids 	<b>Read a story</b> 30 mins fiction a day; for stress relief & longer life 
<b>Eat beetroot</b> or drink beetroot juice 2-3 times a week 	<b>Count your blessings</b> think of 3 things you're grateful for every day 	<b>Eat dark chocolate</b> 2 pieces every day, 85% cocoa is best 	<b>Go outside</b> in green spaces, especially around trees. Get the sun on your skin little & often 	<b>Drink coffee</b> 1-3 cups per day. NOT first thing but at or after breakfast 	<b>Add your own idea</b>
<b>Sing loudly</b> for 5 minutes 	<b>Dance</b> every day 	<b>Stand up</b> for a few minutes every hour. 	<b>Eat meals within an 8 hour period</b> Drink water outside of this window 	<b>Breathe slowly</b> <ul style="list-style-type: none"> <li>in for 4 &amp; out for 6 or</li> <li>in for 4, hold for 2, out for 4 or</li> <li>in for 3 hold for 4, out for 5</li> </ul> 	<b>Early morning walk</b> every day for 30 mins within 2 hrs of waking 
<b>Stand on one leg</b> for 2 minutes & switch legs halfway, every day 	<b>Move every day</b> 20x squats & 5x pushups or similar 	<b>Meditate</b> 10 minutes several times a week 	<b>Have a bath</b> 90 mins before bed. Add lavender essential oil to help you sleep. 	<b>Learn a new skill</b> painting, pottery, a new language, musical instrument, etc 	<b>Exercise regularly</b> 10 mins 3x a day, x3 a week. eg brisk walk or 2/3x up & down stairs 