








# Just One Thing

Easy to do

Some effort needed

<p><b>Drink water</b> first thing &amp; with every meal</p> 	<p><b>Snooze</b> 20 mins between 12pm &amp; 3pm</p> 	<p><b>Eat oily fish</b> 2x a week: mackerel, salmon, herring, sardines, anchovies</p> 	<p><b>Houseplants</b> have 5/6 in the rooms you use: peace lily, spider plant, aspidistra, aloe vera, rosemary, ivy</p> 	<p><b>Eat an apple</b> Pink Lady has most flavonoids</p> 	<p><b>Read a story</b> 30 mins fiction a day; for stress relief &amp; longer life</p> 
<p><b>Eat beetroot</b> or drink beetroot juice 2-3 times a week</p> 	<p><b>Count your blessings</b> think of 3 things you're grateful for every day</p> <p><i>Gratitude</i></p>	<p><b>Eat dark chocolate</b> 2 pieces every day, 85% cocoa is best</p> 	<p><b>Go outside</b> in green spaces, especially around trees. Get the sun on your skin little &amp; often</p> 	<p><b>Drink coffee</b> 1-3 cups per day. NOT first thing but at or after breakfast</p> 	<p><b>Add your own idea</b></p>
<p><b>Sing loudly</b> for 5 minutes</p> 	<p><b>Dance</b> every day</p> 	<p><b>Stand up</b> for a few minutes every hour.</p> 	<p><b>Eat meals within an 8 hour period</b> Drink water outside of this window</p> 	<p><b>Breathe slowly</b></p> <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> 	<p><b>Early morning walk</b> every day for 30 mins within 2 hrs of waking</p> 
<p><b>Stand on one leg</b> for 2 minutes &amp; switch legs halfway, every day</p> 	<p><b>Move every day</b> 20x squats &amp; 5x pushups or similar</p> 	<p><b>Meditate</b> 10 minutes several times a week</p> 	<p><b>Have a bath</b> 90 mins before bed. Add lavender essential oil to help you sleep.</p> 	<p><b>Learn a new skill</b> painting, pottery, a new language, musical instrument, etc</p> 	<p><b>Exercise regularly</b> 10 mins 3x a day, x3 a week. eg brisk walk or 2/3x up &amp; down stairs</p> 

Find out more & get alternative tips here  
<https://tinyurl.com/Just1ThingP>

