

Brighter Each Day Challenge

Week 3

Jan 15th - 21st

This week we gain
10 minutes of daylight

Sunday 15th

 **Sunrise:** 08:00
Sunset: 16:19

Calm

💡 Try square breathing for a quick dose of calm. Breathe in, hold, breathe out, hold - all for the count of 4 - visualising each as a line in a square.

Monday 16th

 **Sunrise:** 07:59
Sunset: 16:21

Yellow

💡 Turn Blue Monday yellow with a simple gratitude exercise. List 10 things that give you pleasure for each of the five senses. Read it back and note how often the best things in life are free.

Tuesday 17th

 **Sunrise:** 07:58
Sunset: 16:22

Quiet

💡 Struggling to find a moment's peace? Schedule appointments in your calendar for downtime - even if it's 10 minutes - to build in time to decompress.

Wednesday 18th

 **Sunrise:** 07:57
Sunset: 16:24

Scent

💡 Did you know that when you smell a fragrance you enjoy, your brain releases feel-good endorphins and serotonin? There's no need for expensive candles: ground coffee, orange peel and fresh air on a park walk can all be mood boosters.

Thursday 19th

 **Sunrise:** 07:56
Sunset: 16:26

Soothe

💡 Between your Urban massage appointments, try some easy DIY massage. A foot massage is an easy place to start, or by applying pressure in gentle circular motions on your neck.

Friday 20th

 **Sunrise:** 07:55
Sunset: 16:27

Citrus

💡 High vitamin C in oranges, grapefruits, lemons and limes can help fight fatigue and depression. Not only that, but studies show smelling citrus for just 10 minutes can boost your mood.

Matsumoto T, Asakura H, Hayashi T, J Altern Complement Med. 2014

Saturday 21st

 **Sunrise:** 07:54
Sunset: 16:29

Hydrate

💡 Drink. More. Water. Studies suggest that anxiety and tension can worsen with dehydration, but also that mood improves with hydration. Aim for six to eight cups of fluid a day.

Effects of changes in water intake on mood of high and low drinkers. PLoS One. 2014