

Brighter Each Day Challenge

Week 1

Jan 1st - 7th

This week we gain
8 minutes of daylight

Sunday 1st

 **Sunrise:** 08:06
Sunset: 16:01

Visualise

💡 Visualise your best possible January. Studies show just 5 minutes of positive visualisation a day can make you more optimistic.

Citation: J Behav Ther Exp Psychiatry, 2011

Monday 2nd

 **Sunrise:** 08:06
Sunset: 16:02

Fresh

💡 Freshen up your surroundings with clean sheets, flowers or just a whip around with the Hoover.

Tuesday 3rd

 **Sunrise:** 08:06
Sunset: 16:03

Bright

💡 Wear something colourful. A 2020 study found that pink was the colour most associated with joy.

Citation: Psychological Science, 2020

Wednesday 4th

 **Sunrise:** 08:06
Sunset: 16:03

Boost

💡 Boost your lymphatic circulation with body brushing or a massage. Unlike blood which circulates automatically, lymph fluid needs a little help with manual movement.

Thursday 5th

 **Sunrise:** 08:06
Sunset: 16:05

Sweat

💡 Don't overthink it: today move in any way that feels good. Exercise that gets you out of breath is the best free mood-booster there is.

Friday 6th

 **Sunrise:** 08:05
Sunset: 16:07

New

💡 Try something new, whether it's a recipe, a podcast or a route to work. Our brains love novelty, releasing a rush of dopamine in response.

Citation: Nico Bunzeck, Emrah Düzel, Neuron, 2006

Saturday 7th

 **Sunrise:** 08:05
Sunset: 16:08

Unplug

💡 Go screen-free for a day. If you find yourself itching to check your phone out of habit, distract with a good book or see if you can go for just five more minutes, the urge will pass.