

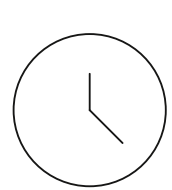
# Brighter Each Day Challenge

## Week 4

Jan 22nd - 28th

This week we gain  
**17 minutes** of daylight

Sunday 22nd

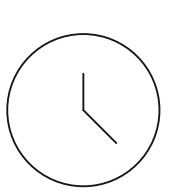


**Sunrise:** 07:53  
**Sunset:** 16:31

### Rest

💡 We all know the basics of sleep hygiene, but sticking to good habits can be hard. Make tonight a fresh start by winding down a little earlier with gentle activities like reading, folding laundry or meditation.

Monday 23rd

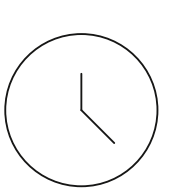


**Sunrise:** 07:52  
**Sunset:** 16:32

### Morning

💡 Try morning pages: filling three A4 pages with a stream of consciousness before you've checked your phone. Check out *The Artist's Way* by Julia Cameron for more.

Tuesday 24th



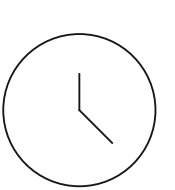
**Sunrise:** 07:51  
**Sunset:** 16:34

### Journal

💡 Studies have shown that journaling helps reduce stress and clear your mind. If morning pages weren't your thing, try a 'worry window' - 10 minutes to actively write down your worries to free yourself from worrying at other times.

Stice E, Burton E, Bearman SK, Rohde P. Behav Res Ther. 2007

Wednesday 25th

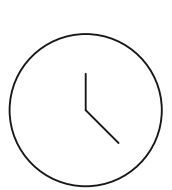


**Sunrise:** 07:49  
**Sunset:** 16:36

### Pamper

💡 Have a bath, give yourself a manicure or try a homemade face mask. Honey, avocado and coconut oil are all great store cupboard mask-makers.

Thursday 26th

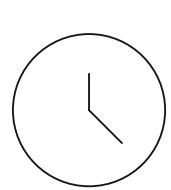


**Sunrise:** 07:48  
**Sunset:** 16:38

### Nourish

💡 Skip the desk lunch or the TV/phone screen dinner. Set the table for a nourishing meal, carving out physical space and time to properly enjoy it.

Friday 27th

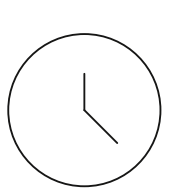


**Sunrise:** 07:47  
**Sunset:** 16:39

### Connect

💡 Call a friend, write a letter or chat with a neighbour. Use today to reconnect with someone you've not spoken to in a while.

Saturday 28th



**Sunrise:** 07:45  
**Sunset:** 16:41

### Water

💡 Spending time near water makes us feel calm. Luckily for Londoners, there's plenty of lakes, reservoirs and even outdoor swimming pools to get your aqua fix.

[www.newscientist.com/article/mg25533950-700](https://www.newscientist.com/article/mg25533950-700)