

# Holiday

## Habit Reset – Habit Hack Guide

Tips to improve your chance of success:

1. Adopt a new mindset... “I am a person who can change this habit”
2. Focus on just ONE habit hack until it is firmly automated in your routine
3. Display your chosen hack on a Post-It note somewhere (fridge, mirror etc)
4. Do the simple daily check-ins with Dr Julia Jones on WhatsApp

Note: the first 3 habit hacks (highlighted in green) were the ones people found easiest and with most noticeable early health benefits during our research and pilot studies.

<b>Choose ONE habit hack</b>	<b>Benefits</b>
<b>Fasting</b>  (Later breakfast and earlier dinner to eat within approx 8-hours)	Eating and drinking within a shorter period of time during the day can reduce calorie intake and support cellular repair processes that activate when we are in a ‘fasted’ state.
<b>Slow breathing</b>  (Search for our “MusicHacks” practice tracks on Spotify to help learn this breathing rhythm)	Slow, deep, breathing has been used for thousands of years to calm our mind and nervous system to help support healthy cell repair and reduce harmful stress hormones. Inhale for 4-seconds and exhale for 6-secs.
<b>Early daylight</b>	The ancient Circadian timer that regulates our healthy sleep is activated when cells in our eyes tell our brain they have sensed morning daylight. Get outdoors as early as you can to help this system work effectively. Also avoid bright artificial light in the evening as this messes it up. Sleep is critical. A tired brain makes poor health choices!
<b>Vitamin D supplementation</b>	Vitamin D is essential for bone health and must be supplemented daily in parts of the world that lack sufficient sunlight exposure or when extensive indoor work reduces time spent outdoors.
<b>Strength work and standing</b>  (e.g walk up and/or down stairs instead of using lifts/escalators and carry heavy bags)	We lose muscle tissue throughout life so regular strength activity is required to offset that loss and build and maintain sufficient muscle tissue. Even the act of standing up is a strength act for our body.

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<b>Cold shower burst</b>	Cold water stimulates our circulation. It also activates our fight or flight response giving us an opportunity to train the nervous system to stay in control by keeping our breathing rate slow and deep during the cold water burst.
<b>Vapes / Nicotine Patches</b>	Smoking kills. Switching to vapes or nicotine patches can be a helpful step towards ending this damaging habit.
<b>Clearing the inbox</b>	Modern work life can be very overwhelming and trigger our ancient stress response. Over time this constant triggering of the ancient fight or flight hormones can damage our cellular health. Reducing the stress by moving emails into folders and unsubscribing from mailing lists helps keep your inbox less busy.
<b>Probiotic food or drink</b>  (e.g. live yogurt, kefir, kombucha, kimchi, sauerkraut)	Maintaining a high diversity of gut bacteria is linked with better health and immunity. Probiotic foods and drinks put live bacteria into your gut to help nurture diverse colonies of microbes.
<b>Avoid ultra-processed foods, drinks, and added sugars</b>	Our bodies are designed to only digest real food. Avoid food/drink with hidden sugars and lots of added ingredients that you would not find in your grandmother's kitchen.
<b>Increase step count</b>	Moving regularly during the day is essential for good physical and mental health. Stand and walk frequently throughout the day. Choose routes with inclines if possible.
<b>Posture</b>	Our extensive time spent on laptops and mobile phones is wrecking our posture. Stand up straight and do shoulder and back strength exercises and stretches
<b>Read a book or listen to music</b>	Our brains are over stimulated and our eyes spend too long being exposed to electronic screens. Spend some time doing something calming that doesn't require a screen. Close your eyes if possible and give them a rest. Use your imagination to generate whatever images you'd like to see.
<b>Lunchtime walk</b>	Inactivity is extremely harmful to our brain and body and eating lunch at your desk is not helping. Get some outdoor exposure and extra steps in your routine with a lunchtime walk away from your desk.

<b>Increase fibre / fiber intake</b>	Most people are not consuming the required daily amount of fibre. This is absolutely essential for gut health and general wellbeing. Add high fibre foods into your daily routine such as lots of vegetables, fruits, bran, shredded wheat cereals (low sugar) and wholegrains.
<b>Brain exercises</b>	We lose brain connections throughout life. Practice new skills on a musical instrument or learn new vocabulary to build new healthy brain connections and boost cognitive function. Puzzles also exercise brain cells.
<b>Reduce alcohol habit</b>	Alcohol harms our cells and is extremely calorific. Adjust your routine to consume no more than 1 drink per day. e.g. order a half pint instead of a pint or order a G&T or red wine or lower sugar / alcohol option if you must order alcohol.
<b>Drink enough water</b>	Avoid dehydration by drinking water regularly through the daytime. This helps circulation, blood pressure, digestion and brain function. Start the morning with a pint.
<b>Order decaf after lunchtime</b>	Caffeine can block vital receptors in the brain that are involved in sleep regulation. Simply switch to a high quality Swiss water filtered decaf coffee after lunchtime instead. Caffeine can bring health benefits but too much can be counterproductive.
<b>Avoid social media</b>	Our brain is overwhelmed with the hectic stimulation of the modern world. According to a Royal Society for Public Health study social media is more addictive than cigarettes or alcohol. It can also stimulate your stress response. Rest your brain and stop scrolling.
<b>Keep a consistent bedtime</b>	Most people are not getting enough high quality sleep and are going to bed too late. We need 7-9 hours of sleep each night for the important overnight health and repair processes to occur effectively. This means going to bed earlier and maintaining a consistent sleep and wake schedule. Sleep is a critical pillar of wellbeing. Don't neglect it.
<b>Switch from milk chocolate to dark chocolate (75%+)</b>	Sugar is killing us but we love it. A simple way to still enjoy a treat but with better health outcomes is to adjust your milk chocolate habit to a dark chocolate habit. Add a handful of nuts to it for added benefits.

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## Let's Get Started!

### KEEP IT SIMPLE

We know that several habit hacks on this list will probably catch your eye and seem very simple but we urge you to simply pick just **ONE** to focus on.

Attempting too many changes at once usually leads to failure.

### KEEP IT HUMAN

Don't get disheartened if there are days when you don't manage to action your chosen habit hack. It's perfectly normal.

Keep checking in with Julia each day. It just takes a few seconds but can significantly improve your success.

### KEEP GOING

If you find you're struggling with the habit back you chose we encourage you to stop trying to do that one and simply pick another. Once you improve your habit training ability you can return to the one you found troublesome.

We look forward to joining you on your habit hacking journey! Good luck!

A handwritten signature in black ink that reads "Julia". The signature is written in a cursive style with a horizontal line underneath the name.

Dr Julia Jones and the Holidity team

[www.holidity.com](http://www.holidity.com)

**Holidity**

The Habit Reset is not medical advice. It is an educational and support tool for healthier habits. If you think any of the habit hacks might negatively affect your health you should always first consult with your personal doctor before making changes to your daily routine.