

### 30 Day Intentions for 2018

We are well into 2018 and most have long forgotten their “New Years Resolutions”. I hope to inspire you to gather a few new habits over the coming year to contribute not only to your physical health but your mental and brain health too! Physical trainer Amber Joliat recommends setting 30 day intentions from New Moon to New Moon.

1. **Fast from your devices:** Jan 6<sup>th</sup> 2018 Globe and Mail headline: “Your smartphone addiction is making you stupid. And inattentive. And anti-social. And unhealthy” and also “Hold the phone” by Ira Wells. The average daily user looks at their phone 150 times and spends 3-5 hours on them. Tristan Harris, a former product manager at Google, educates people through “Time Well Spent” on the dangers of the social media platform that causes spurts of dopamine creating real addictions. Former vice-president of Facebook prohibits his own children from social media! In “The Big Disconnect” Catherine Steiner-Adair explains children ages 4-18 feel frustration, fatigue and loss when they come home to parents who are on their devices. With recent spikes in mental health issues, including ADD, among adolescents and the concomitant rise in electronic devices it behooves parents to learn ways to set limits on smartphone usage. Intention: Unplug for 2 hours at the beginning of the day and the end of the day.
2. **Read or listen to the news.** Watching the news can be bad for your health. When you read or listen you can then control the emotional impact. I read the Saturday Globe and Mail and then for fun I watch or listen to comedy to get the rest: CBC Radio One; **Because News; This Hour Has 22 Minutes** and Rick Mercer Report. Hey, humor is great for mental health and I learn a lot!
3. **Turn off the “blue light”.** The blue light emitting from your devices is causing eye diseases and strain. According to my eye doctor, more than 2 hours of exposure per day is contributing to Macular Degeneration, damage to the retina and vision loss. Apply “Night Shift” or “Twilight” to your devices from 10am to 7am. Optometrists provide protective eye wear or yellow tinting of lenses as options.
4. **Prescribe yourself the “arts”** regularly in your life. When people have more music and art in their life they visit the doctor and hospital less often. This UK study was published in July 2017 *Creative Health: The Arts for Health and Wellbeing - Second Edition*. One of the favorite parts of our “morning boot camp” exercise class is the stretching section when 10 minutes of healing music such “Solitudes: Calming Mind” is played. Music has a huge impact on mental health. Find “healing” music to help with stress, join a choir or take up a musical instrument.
5. **Add Essential Oils to your life.** Young Living or Doterra provide 100% pure essential oils. Learn to make your own blends to treat stress, headaches, muscle aches, and insomnia to lessen the use of over the counter toxic drugs. “Thieves” blend, a great household cleaner, reduces chemical use in the home. Drop doses of edible oils such as lemon, lime or orange to “soda stream” water will **get the pop out** of the house.
6. **Cook with a pressure cooker!** Pick one made with stainless steel and discover how you can make a full meal from scratch in 30-45 minutes. You will be amazed at the flavor and the ease.
7. **Start a savings account.** Spend less than you make and start a “holiday account”. Replace going out for coffee and lunch everyday (\$100 to \$300 per month) to taking your lunch to work: **Lantana** dips with **Breton** Gluten free crackers and homemade soups or stews is a simple suggestion. (See my Food Ideas Feb 2018)
8. **Try new foods:** Pick a new apple ie honey crisp and eat one every day; **organic almond milk** now available from Costco, **Ripple Pea Milk** makes a lovely “thick milk shake”, a **Little Northern Bakehouse** gluten free bread from Costco is non- GM. Costco also sells **Maple Leaf sliced turkey** without preservatives.
9. **Alcohol Fast for 30 days.** Read “Mindful Drinking” by Rosamund Dean and “Drink” by Ann Dowsett Johnston to help change your relationship with alcohol, decrease your consumption and add this saved money to your “holiday account”!
10. **Declutter:** Clearing your space allows for new energy to enter your world. See “**The Swedish Art of Death Cleansing**” by 80-something year old Margareta Magnusson.
11. **Move more:** maybe watching 99 year-old Tao Porhon-Lynch in New York doing yoga will inspire you to get moving?

If you don't do well this month, well there is always next month so just keep trying!