

Lifestyle Planning

- Practice some sort of rhythmic deep breathing, mindfulness, Asana etc. at least 15 mins a day. This can be seen as general metaphysical maintenance of your bodily vehicle, as one performs general maintenance of their living space or car.
- Make your bed every morning, keep your living space nice and orderly. Keeping these habits has a cleansing effect on the psyche. They also act as “anchor habits” that can serve as springboard for further positive action.
<http://www.lifeohm.com/what-are-your-anchor-habit-and-why-do-you-need-the/>
- Drink spring water from glass bottles (expensive), or get a home reverse osmosis/activated carbon/whatever filter. Use a shower filter - around half of your water intake per day comes from shower steam, and chlorine is more harmful when taken in through the breath.
- Use soap like Dr. Bronner's - if you wouldn't put it in your mouth don't put it on your skin. Baking soda makes great and cheap deodorant.
- Use non-fluoridated mineralized toothpaste, like Earthpaste. Flossing your teeth has recently been proven to do jack shit, but a lot people still say it helps with bad breath.
<https://apnews.com/f7e66079d9ba4b4985d7af350619a9e3/medical-benefits-dental-floss-unproven>
- Keep lots of household plants to keep the air clean inside your living space. There are many household toxins that are the product of modern living.
https://en.wikipedia.org/wiki/NASA_Clean_Air_Study
- Use a diluted mixture of ammonia and water for a cheap and green cleaning product that works for most household tasks.
<http://thecleaningladytalksdirty.blogspot.com/2011/06/everything-you-need-to-know-about.html>
- Do some sort of light/moderate physical exercise for 20-40 minutes every day after waking that gets you sweaty. This increases lymphatic circulation, blood flow to the brain, and is a general mood enhancer.
- Do intense exercise, like resistance training (weightlifting) or HIIT, 3-5 times a week. 4/fit/ sticky for general weightlifting info: <http://boards.4chan.org/fit/thread/17018018>
- When lifting weights, cultivate perfect form and full range of motion. You will only injure yourself if you are 1. Lifting ungodly near world record amounts of weight or 2. you are using incorrect form. If you are unsure about your form, record yourself lifting and ask /plg/ on 4/fit/ for form advice, they can help you out -
<http://boards.4chan.org/fit/catalog#s=plg>
- Sit as little as possible. Use a (makeshift) standing desk. *Sitting is the new smoking.*
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005> - exercising an hour a day and then sitting for 15 still counts as sedentary. Chair-sitting in a hips-flexed position decreases mobility/flexibility, which is why you see so many quarter-squatters in the gym.

- Do mobility/flexibility exercises. Kelly Starrett/MobilityWOD is a good resource for this stuff. Your tissues are most likely hardened and stiff from a lifetime of Western sedentism. Good old, time tested, Hatha Yoga is also perfect for maximizing mobility.
- Maintain an upright, relaxed posture. Your body language affects your hormone production and vice-versa https://youtu.be/Ks-_Mh1QhMc (As within, so without, etc.). Generally, keep your shoulders back and down and spine straight. Look up Alexander Technique for more in depth info. Your body language/posture affects the way others perceive you as well - *good posture makes you more attractive and approachable*. See the recent meme of Chad vs. Virgin walk etc. for an intuitive imageboard cultural expression of this concept.
- Practice daily expressions of gratitude. Take a pen and notebook and write every morning 5-10 things you are grateful for. It is a very small investment that has a profound effect on one's happiness/fulfillment
http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal
- Practice unconditional forgiveness. *Then said Jesus, Father, forgive them; for they know not what they do.* - Luke 23:34. Staying mad at people for things they did in the past hangs on you like a lead weight, causing unnecessary stress and pain. Those of us on the spiritual path must accept that the vast majority of people are far too ignorant to be responsible for their actions, and not blame them for the harm they caused you.
<http://www.ergo-log.com/forgive.html>
- Sleep in a pitch black room. All forms of blue light increase cortisol production, so if you have any electronics that emit light - cover them with electrical/duct tape or unplug them.
- EMF radiation disrupts sleep patterns, so turn all internet-electronics on airplane mode and unplug your WiFi modem, if possible.
- If you have your phone in your pocket, keep it off/in airplane mode, or you're frying your genitals with radiation and affecting hormone production. Don't hold the phone up to your face when talking, use speaker or earphones.
- General info for optimizing sleep: <https://pastebin.com/3dddYgvq>
Try to immerse yourself in nature as much as possible. Our ancestral environment was that of the jungle, not the urban cityscape. Try to put your work desk next to a window with visible trees/plants, it is therapeutic to view the fractal patterns of plant life.
<http://www.spiritofchange.org/mind-spirit/Fractal-Patterns-In-Nature-And-Art-Are-Aesthetically-Pleasing-And-Stress-Reducing/>
- When eating food, use it as an opportunity to practice mindfulness. Eat slowly and methodically, chewing your food fully before swallowing. Follow the protocol in Step I of IIH