

RITUAL COMPANION

THE NIGHT RESET

SKIN. FOOD. MOVEMENT. REST.

Everyday care, made practical.

A fuller guide to the habits around your evening ritual. Clear explanations, useful examples and tools you can return to for the next 30 days.

EVERYDAY WELLNESS EDITION / OCTOBER 2026

Practical guidance + 30-day planner. Two complete editions: type and save, or print and write. For adults. General education, not individual medical advice.

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Scope, first-week setup and your starting point.

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Routine order, product testing, grooming and product records.

FOOD + EVERYDAY EATING / 15-23

Meal building, nine easy meal ideas, a shopping basket and planner.

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Adult guidance, a starter week, strength options and planning.

REST + ROUTINE / 29-35

Sleep, decompression, planning and low-energy alternatives.

YOUR 30 DAYS / 36-48

Daily records, four different reviews and next-month decisions.

REFERENCES / 49-51

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QUICK REFERENCE / 52

Your everyday reset in one page.

A FLEXIBLE MEAL FORMULA

Build a meal, not a rulebook.

1 / choose a base

Pick what suits the meal: oats, wholegrain bread, rice, pasta, potatoes or another familiar staple. The base makes the meal possible; this is not a portion prescription. Choose amounts that suit your appetite and any individual advice.

2 / add a protein food and plants

Combine the base with beans, lentils, tofu, eggs, fish or another protein you use. Add vegetables or fruit where they fit. For example: rice + beans + cooked vegetables; toast + eggs + tomato; oats + yoghurt + fruit. [8]

3 / make it enjoyable and workable

Add flavour you enjoy: herbs, lemon, spices, dressing or a little oil. Consider milk, yoghurt, cheese or an appropriate alternative elsewhere in the day. Check that alternatives fit your needs rather than assuming all substitutes are nutritionally identical.

WORKED EXAMPLE / LUNCH

I have rice, canned chickpeas and frozen vegetables. I cook the rice and vegetables according to their packs, add rinsed chickpeas, and finish with lemon and herbs. I pack only what I can keep safely chilled.

HOME PRACTICE / LEARN THE MOVEMENT

Three simple strength options.

General examples, not a full-body training prescription. Ask about suitability if unsure. Use stable support that cannot slide. [12,13]

Sit-to-stand

Use a sturdy chair without wheels, feet flat and roughly hip-width apart. Lean slightly forward, stand slowly and sit down under control. NHS suggests starting with five repetitions. Use assistance or a different movement only as advised for your needs. [12]

Wall press-up

Stand at arm's length from a wall, hands at chest height. Keep your back straight; bend your arms slowly with elbows near your sides, then return. NHS suggests sets of five to ten repetitions. Begin with what is appropriate, not a forced target. [12]

Supported calf raise

With hands on stable support, slowly raise both heels as far as comfortable, then lower with control. NHS suggests five repetitions. Keep the support rather than progressing balance difficulty on your own if there is a risk of falling. [12]

SAFETY AND PROGRESSION

Stop if you feel pain or unwell. Do not hold your breath or rush to finish. Seek instruction if a movement is unclear. Increase only a small part of the practice at a time when the existing version is comfortable and suitable.

YOUR MORNING + EVENING PLAN

Build your everyday rhythm.

Choose one habit in each part of the day first. Add more only when the existing plan actually works.

EXAMPLE, NOT A REQUIREMENT

Morning: usual care, suitable outdoor sun protection and a simple breakfast.

Midday: eat and take an appropriate movement break. Evening: care, tomorrow's food plan and a realistic wind-down.

MORNING: CUE / ONE ACTION / WHAT I NEED READY

MIDDAY: FOOD OR MOVEMENT / A WORKABLE TIME

EVENING: CARE / PREPARATION / REST CUE

MY SMALLEST VERSION FOR A DIFFICULT DAY / WHY IT IS PRACTICAL
