A battle between the stimulating effects of the drug and the body trying to rest becomes evident when feelings change to anxiety, irritability and restlessness. In combination, they act to slow down things even more, and the lethal consequence can be that a person simply stops breathing.

Buy a bag or can of food or treats that looks pretty, looks holistic, has 'healthy' words on it, and try online subscriptions, but they just aren't the same as sitting back and thumbing through a beautiful book or well done magazine.

For example, if you enjoy walking 30 minutes a day, add 30 second jogging bursts for every 5 minutes of walking.