



Life Hack List

Fill out this [form](#) to get a weekly Life Hack Reflections email!

You can also view them under Wellbeing Life Hacks at <https://www.midlandareawellbeing.org/lifehacks/>

#	Topic (click for folder)	Video Link
1	Learning Loop	https://vimeo.com/641884427
2	20,000 Moments	https://vimeo.com/644063550
3	Tiny Habits	https://vimeo.com/647402864
4	The Power of the Exhale	https://vimeo.com/653847389
5	Turn and Face	https://vimeo.com/652631693
6	We can do hard things	https://vimeo.com/671191303
7	Start your day your way	https://vimeo.com/674983983
8	Awe Walk	https://vimeo.com/678690775
9	Mindful at Mealtime	https://vimeo.com/678692838
10	5 Minute Favor	https://vimeo.com/678694942
11	Color Coding Calendar	https://vimeo.com/687516217
12	Gratitude Texts	https://vimeo.com/689456366
13	Assume Positive Intent	https://vimeo.com/693100904
14	Nasal Breathing	https://vimeo.com/693703412
15	Name, Normalize, Navigate	https://vimeo.com/693663044
16	Positive Energizers	https://vimeo.com/699207755
17	Mindful Movement	https://vimeo.com/702823391
18	Getting Ready the Night Before	https://vimeo.com/706107075
19	Yet	https://vimeo.com/706269687
20	Notebook in Your Car	https://vimeo.com/710542003
21	Meaning in the Mundane	https://vimeo.com/712344980
22	Gardening is Good!	https://vimeo.com/714783199



23	<u>Make a Playlist of Your Favorite Songs</u>	<u>https://vimeo.com/717279473</u>
24	<u>Temptation Bundling</u>	<u>https://vimeo.com/719850363</u>
25	<u>Organize Your Pantry</u>	<u>https://vimeo.com/720502832</u>
26	<u>Meal Planning</u>	<u>https://vimeo.com/724049845</u>
27	<u>Personal Pep Talk</u>	<u>https://vimeo.com/725702860</u>
28	<u>10/5 Rule</u>	<u>https://vimeo.com/728838357</u>
29	<u>Get Comfortable Saying No</u>	<u>https://vimeo.com/730509017</u>
30	<u>Clarify Your Values</u>	<u>https://vimeo.com/733048987</u>
31	<u>Stretch</u>	<u>https://vimeo.com/734855630</u>
32	<u>3 Good Things</u>	<u>https://vimeo.com/735973177</u>
33	<u>Move</u>	<u>https://vimeo.com/739528163</u>
34	<u>Values Check</u>	<u>https://vimeo.com/740450177</u>
35	<u>The Name Game</u>	<u>https://vimeo.com/743170273</u>
36	<u>Finding Flow</u>	<u>https://vimeo.com/746599009</u>
37	<u>Not Right Now</u>	<u>https://vimeo.com/748607103</u>
38	<u>Make Decisions Based on Values</u>	<u>https://vimeo.com/751240748</u>
39	<u>Challenge Over Threat</u>	<u>https://vimeo.com/751965092</u>
40	<u>Post Your Strengths</u>	<u>https://vimeo.com/756601334</u>
41	<u>Meet People in Their Space</u>	<u>https://vimeo.com/758117501</u>
42	<u>Train the Strength Response</u>	<u>https://vimeo.com/761260025</u>
43	<u>Stop Shoulding on Yourself</u>	<u>https://vimeo.com/762790047</u>
44	<u>Be Curious, Not Judgmental</u>	<u>https://vimeo.com/765346443</u>
45	<u>Distance Self Talk</u>	<u>https://vimeo.com/767921234</u>
46	<u>Break It Down</u>	<u>https://vimeo.com/769992250</u>
47	<u>Schedule Worry Time</u>	<u>https://vimeo.com/772571733</u>



48	<u>Just Stop</u>	<u>https://vimeo.com/774462348</u>
49	<u>Is It Helpful?</u>	<u>https://vimeo.com/777027012</u>
50	<u>Suck at Something New</u>	<u>https://vimeo.com/780445446</u>
51	<u>Honor Your Attention Span</u>	<u>https://vimeo.com/782091653</u>
52	<u>The Power of Fresh Starts</u>	<u>https://vimeo.com/783497658</u>

53	<u>Word of the Year</u>	<u>https://vimeo.com/785807182</u>
54	<u>Set Intentions</u>	<u>https://vimeo.com/785798979</u>
55	<u>Power of Laughter</u>	<u>https://vimeo.com/789161154</u>
56	<u>Name Your Strengths</u>	<u>https://vimeo.com/791521600</u>
57	<u>51% Rule for Good Conversations</u>	<u>https://vimeo.com/793939881</u>
58	<u>Joyful Movement</u>	<u>https://vimeo.com/796394484</u>
59	<u>Invest in Small Wins</u>	<u>https://vimeo.com/798391007</u>
60	<u>Build Forgiveness</u>	<u>https://vimeo.com/800599355</u>
61	<u>Strengths Habit</u>	<u>https://vimeo.com/801798027</u>
62	<u>Be Playful</u>	<u>https://vimeo.com/804959258</u>
63	<u>Uncover Your Story</u>	<u>https://vimeo.com/807305042</u>
64	<u>Create Micro-Moments of Connection</u>	<u>https://vimeo.com/809751329</u>
65	<u>Set Boundaries</u>	<u>https://vimeo.com/811060223</u>
66	<u>Create Bedtime Routines</u>	<u>https://vimeo.com/814310386</u>
67	<u>Jolt of Joy</u>	<u>https://vimeo.com/816301097</u>
68	<u>Adopt a Service Mindset</u>	<u>https://vimeo.com/818389533</u>
69	<u>Savor Your Stories</u>	<u>https://vimeo.com/819685379</u>
70	<u>Reimagine Time</u>	<u>https://vimeo.com/822477682</u>
71	<u>Power of Primers</u>	<u>https://vimeo.com/824754291</u>
72	<u>Start Early</u>	<u>https://vimeo.com/826271949</u>
73	<u>Meet Your Best Self</u>	<u>https://vimeo.com/829105247</u>
74	<u>Name the Emotion</u>	<u>https://vimeo.com/828882849</u>
75	<u>Meditate Daily</u>	<u>https://vimeo.com/833127037</u>



76	<u>Harness Adversity</u>	<u>https://vimeo.com/834624147</u>
77	<u>Life Harmony</u>	<u>https://vimeo.com/837332896</u>
78	<u>Helpful Hydration</u>	<u>https://vimeo.com/836643665</u>
79	<u>Microaffirmations Matter</u>	<u>https://vimeo.com/842019429</u>
80	<u>Ban Always and Never</u>	<u>https://vimeo.com/843037083</u>
81	<u>Set Learning Goals</u>	<u>https://vimeo.com/845567088</u>
82	<u>Resist the Clock</u>	<u>https://vimeo.com/847529693</u>
83	<u>And</u>	<u>https://vimeo.com/849329556</u>
84	<u>Multiple Passions</u>	<u>https://vimeo.com/851441087</u>
85	<u>Magic Number for Memory</u>	<u>https://vimeo.com/853397836</u>
86	<u>Control Controllables</u>	<u>https://vimeo.com/855475423/b907edf110</u>
87	<u>Find Flow</u>	<u>https://vimeo.com/858054513</u>
88	<u>Give Away Control</u>	<u>https://vimeo.com/860176946</u>
89	<u>Healthy Distractions</u>	<u>https://vimeo.com/860176946</u>
90	<u>Close the Stress Cycle</u>	<u>https://vimeo.com/865550325</u>
91	<u>One Thing at a Time</u>	<u>https://vimeo.com/867764413</u>
92	<u>Create a Mantra</u>	<u>https://vimeo.com/869402905</u>
93	<u>Celebration</u>	<u>https://vimeo.com/872745810</u>
94	<u>White Space</u>	<u>https://vimeo.com/874631832</u>
95	<u>Best Case/Worst Case/Most Likely</u>	<u>https://vimeo.com/877091428</u>
96	<u>See Others</u>	<u>https://vimeo.com/878887365</u>
97	<u>SMART Ask</u>	<u>https://vimeo.com/881523659</u>
98	<u>SAFEly Struggling</u>	<u>https://vimeo.com/883997396</u>
99	<u>Squash Incivility</u>	<u>https://vimeo.com/886108767</u>
100	<u>Look for Novelty</u>	<u>https://vimeo.com/887372758</u>
101	<u>Toss the Turnings</u>	<u>https://vimeo.com/891274936</u>
102	<u>The Power of Possibility</u>	<u>https://vimeo.com/893502725</u>
103	<u>Engage with Nature</u>	<u>https://vimeo.com/895655788</u>
104	<u>Peak End Theory</u>	<u>https://vimeo.com/897975643</u>