

LIFE HACKS

As we spend more time at home, we might still find ourselves rushing and chronically short on time. As the roles of parenting, around-the-clock working, educating and keeping up with housework take over most of our day, it becomes even more important to find time for ourselves. Life hacks can add value to your day while saving you time.

Check out these tips from your OY team.

GREEN TEA

You may be well-aware of the benefits of drinking green tea, but are you getting any use out of the tea bag? Give yourself a mini facial with the cooled tea bag by dabbing under eye circles and running it over the entire face in sweeping motions. Green tea applied topically can provide anti-inflammatory benefits making it a popular choice for reducing post-acne marks, lightening age spots, brightening dark eye circles and fighting against aging.



MEDITATE

If you've ever found yourself unable to focus and stop your mind from wandering onto the next task on your to-do list, it might be time to "declutter" your mind. Use a spare 5 minutes for a guided meditation in a quiet place to refocus.

WHOLE GRAINS

Save time as you make balanced meals with DIY pre-cooked, frozen whole grains. Cook quinoa, farro, wheatberries, wild rice or barley in water, drain and let cool, then freeze in 2 cups portions. For better storage and labeling, lay freezer bag flat in the freezer. Thaw overnight in the refrigerator or remove from plastic and defrost in the microwave.



PARTY PLATTER FOR ONE

Prep a vegetable tray for your own fridge and take advantage all week. Grab cut veggies to pair with hummus or a Greek yogurt dip, use the carrots, peppers and broccoli for a quick stir fry, or give the vegetable slices a quick chop to top your salad. Experiment with peppers, cherry tomato, radish, snap peas, broccoli, cauliflower, carrots and celery.



MOTIVATING MUSIC

Try putting some thought behind your playlist. Create playlists specifically for cardio, strength and/or yoga workouts and only listen to these playlists when engaging in activity. Create the playlists just long enough to last the entire workout goal. When the music stops, you stop too.

VERSATILE PROTEIN

Cook once, eat multiple times. Plain proteins can be repurposed as salads, wraps, stir fries, soups, grain bowls and one-skillet dishes.



SOCIAL MEDIA

Social media can be a great escape and easy way to connect. Other times it feels as though it's a cloud of unrealistic expectations or a constant stream of bad news. This can take a toll on your mental health. Take some time to clean up your social media. If it no longer inspires you, remove your exposure to it. Limit your time on social media but make it worthwhile by keeping only the content you love to see.



USING KITCHEN SHEARS

Kitchen shears, or dedicated food scissors, can speed things along as you cook. Trim chicken, cut asparagus, chop herbs or cut stewed tomatoes or vegetables in a soup. Even better, most kitchen shears are dishwasher safe.

READY-TO-COOK PRODUCE

Take advantage of produce that doesn't need a knife. Without dirtying a knife and cutting board and taking time to chop, you can go directly to roasting, grilling or sauteing. Try cherry tomatoes, button mushrooms, baby carrots, and broccoli and cauliflower florets. Even loose leaf spinach can be quickly wilted and added to whole grains. Green beans can work too! Cook whole and let each diner trim the ends as they eat.



FINDING "YOUR" LIFE HACKS

Different systems work for different people. Assess where you could improve the efficiency of your routine, whether in fitness, cooking or even home care and parenting. If you find yourself spending unnecessary time or facing the same roadblock week after week, problem solve, implement an action plan and assess the results.

