

At Home
In the Kitchen
In the Garden
Outdoors
Winding Down

100

Great Ideas for Wellbeing in Hard Times

from

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At Home

1. Start with our Essential Refresh (see our article [Green Home Renewal](#)¹ in More Design at [nordicwellbeing.com](#)) and ask yourself our Five Main Questions for bringing new air and life into your home environment. Remember that if you've got hardwood floors, you'll want to skip the s apa initially and give them a base treatment with Danish Oil (Linseed Oil) or Tung Oil.

Five Main Questions for The Essential Refresh

1. Does everything in here need to be here? Don't just focus on the major pieces of furniture. Consider what is on the walls, in the closets and on the tables. Write down the things that you think you can be without. In the interests of home democracy and harmony, you can talk to the family about it when they come home. The initial reaction will most likely be that nothing can be disposed of. Let it rest for a few days and then talk about it again. A thinking process has begun for everyone at home.
2. Can any pieces be upgraded? Are there pieces of furniture that could look better with a little touch-up? If the couch looks a little worn out, think of putting a throw over it or perhaps buying some new covers (if you've got an IKEA couch, that is no problem!). If a lampshade is broken or looking tatty, replace it. If a chair is looking dowdy, throw a nice-looking pillow onto it and see what happens.
3. Can any pieces be moved? Rethinking the placement of items and how the space is used in a room can often make all of the difference. Does the bowl that has always been on that table need to continue to be there? Could the furniture be arranged in such a way as to emphasize a greater sense of space?

4. Is the room looking dull? Do you need an attention-catcher? Frequently we are afraid of putting in objects that draw attention in a room. However, putting in one or two such objects can actually transform the look of an all-too-monotone room. Have you got an attention-catcher stashed away in the storage? If so take it out and give it a whirl. Along the same lines, if you've got so many attention-catchers that the place looks like a monotone chaos, reduce their number so that you draw attention to certain pieces.
5. Is there a sunny spot in the house where you could place an oxygen-giving plant? No fake plants, please! Or perhaps you might want to invest in a mini-greenhouse (a small decorated glass box that sits on the table) and get a few seeds growing. The energy that this little addition gives a room is exponential!

Your Office at Home

2. If you haven't got a work room, section off your working area so that everyone at home knows that this is your working space. Create an alcove with a low book shelf as a divider, for instance.
3. Set up all of the machinery you need in one location. Make sure to cover the chords with a tube (purchase at IKEA or elsewhere). Dust is one of the main predators of computers and you cannot get rid of it easily if you have wires scattered across the floor.
4. Think ergonomic: Does your chair give you proper support in the curve of your back? If not, you need a support there (a pillow?). Do you look straight ahead when you look into your computer screen? This is preferable for avoiding neck problems. Is your desk surface at

the right height (bend your elbows to 90 degrees and see whether your arms rest on your tabletop). Think shoulders, wrists and arms. Small, flat keyboards are best for your wrists and shoulders. Your hands will appreciate a wireless mouse and use of the short commands for your keyboard.

5. Place a radiation absorbing plant near your work space (e.g. Peace Lilies, Spider Plants, South American Cacti). There is a debate on as to whether these really make a difference when it comes to low level radiation emitted from monitors since you cannot place the plant between yourself and the monitor (although there is no question that these plants do absorb radiation). Still, we think having a live plant like this in your working space has got to be a good thing! Plants, like positive messages on your wall, make your home a place that lifts and encourages you.

Your Recreation Spaces (e.g. living room and other)

6. Make spaces for recreating quietly (e.g. sitting and reading) and recreating actively (e.g. playing or stretching on the floor). Don't be afraid to leave an open space in the middle of the room covered by one or more soft rugs. See our article [Rag Rugs are In](#)².
7. Use lighting to enlarge space (e.g. uplighters to open up hidden spaces) and to identify spaces for recreating quietly (lamps that can be directed towards reading chairs) and more actively.
8. Paint the ceiling a few shades darker than the walls in order to give a greater feeling of space.
9. Dare to cover one wall with a prominent pattern. There are plenty of inexpensive, easily applied stick-on patterns that you can purchase and eventually remove easily if you don't want to wallpaper. Go for a nature-inspired pattern and make the room a more stimulating place to be in.

Your Kitchen

10. Reorganize your kitchen so that it is obvious where everything is. Everyone wants to help out in the kitchen and usually the main obstacle to greater participation is that people don't know where to find things!
11. Make space for kitchen seating, if possible. Everyone wants to be with the cook.
12. Make meal times a joy with our simple tips for [Intimate Table Design](#)³.
13. Install a water filter so that everyone can drink clean water. Keep a jug of clean, water in your fridge possibly flavored with cucumber, lemon or any other favorite. You might consider purchasing a soda stream so that you can drink carbonated water without having to dispose of a mass of plastic bottles.
14. Check our [Eco-smart page](#)⁴ at nordicwellbeing.com for reducing energy use and carbon emissions from your kitchen and other places in your household.

Your Bathroom

15. Be prepared for greater bathroom use by all the family! Make sure that it is a pleasant place for everyone to be in by providing simple storage for each family member and even entertainment.
 - If possible, put your washing machine on top of a drawer to bring it to a more body-friendly working level. Place a drawer in the drawer for your washing-detergent. Or use it for storing your children's bathroom toys.
 - Place some shallow shelves near the toilet seat and put books and newspaper with their covers visible, or select paintings or cards for decoration. This is a good place to put a diary (not the secret one).
 - Hang up a mirror under the kitchen sink so it can be used by children. They love to get a view of their whole body and this opens up possibilities for entertainment with washable crayons!



Illustration: Johanna Svenonius © Julie Lindahl Nordic Wellbeing AB

- Create easy-access storage for small things for all members of the family. See [Sharing Thrift Blog](#)⁵ at nordicwellbeing.com for further inspiration.

16. If your visit to the spa just moved down your priority list, despair not, you can still enjoy a spa at home. Check our Relaxation section at www.nordicwellbeing.com for a rich supply of ideas for home spa techniques.

Energy Use, Temperature & Ventilation

17. Convert your old inefficient open fireplace into an efficient and safe one by installing a fireplace insert (make sure it is certified by a trustworthy agency and that the installer also puts in a stainless steel liner on top of the chimney) which is essentially a closed stove. This will deliver more heat at the same time as keeping harmful carcinogens away from you and the family. Make sure that your fireplace and chimney are well-cleaned, light regularly, use pellets (made from recycled saw dust and other wood scraps) and keep the fire low burning (don't throw high flame inducing fire-starters onto the fire).

18. Don't overheat your home. In cold climates we were not meant to walk around in T-shirts all year! In the winter screw down the heater and wear a sweater and socks. You not only save energy but it is healthier and your skin doesn't become as dry.

19. Purchase a power-use monitor to see what appliances are using the most energy in your home. Set limits on the use of those appliances. Contact your electricity supplier for more information about this.

Garbage Disposal

20. It might not seem a glamorous last point but it is a terribly important one! Purchase enough garbage disposal units so that everyone can participate in separating the garbage easily. If you think you haven't got space, invest in several of the same type (preferably plastic with a top you can shut), line them up against the wall and cover the body of your garbage cans with pretty contact paper. Presto! Your garbage disposal is suddenly beautiful and well-organized so that it is easy to take it to the recycling center.

Links

1. http://www.nordicwellbeing.com/web/design/more_design/green_home_renewal.htm
2. http://www.nordicwellbeing.com/web/design/more_design/rug_rugs.htm
3. http://www.nordicwellbeing.com/web/design/more_design/intimate_table_design.htm
4. <http://www.nordicwellbeing.com/web/eco-smart/index.htm>
5. http://nordicwellbeing.com/thrift_blog/

In the Kitchen

For the Everyday

1. Start or end the day with a bowl of hot porridge. It's simple and quick to prepare and gives you great mileage for a small meal. See our best [recipe for porridge](#)¹ in Julie's Kitchen Blog.
2. If possible, eat a hot, main meal at lunch time and a lighter meal in the evening.
3. Learn new ways to prepare fish. Fish was the food of the people in Scandinavian traditional diets and there is a great diversity of choice concerning the preparation of fish. Try our best [recipe for Laxpudding or Salmon Casserole](#)², in Julie's Kitchen and Check Paavo's Bytes for March 2009 at www.nordicwellbeing.com!
4. Don't pick around food. Eat proper meals, and, if necessary, a snack mid-morning and mid-afternoon to give you a pick-me-up.
5. Try our best [recipe for pea soup](#)³ from Julie's Kitchen! From your stomach's point of view, this is a great way to end the day.
6. Make physical activity a part of your lifestyle this 2009 (see below suggestions for wellbeing in the outdoors).
7. Take advantage of vegetables such as cabbages, kale, rutabaga and beets which store well and can provide many satisfying meals at low cost. Consume vegetables in season! Visit [Nordic Wellbeing Cookbook](#)⁴ at nordicwellbeing.com for a wide assortment of recipes.

8. Try making the purchase of least processed ingredients one of your main operating principles when it comes to food. Buy tomatoes rather than tomato sauce, etc. Place your faith in learning cooking skills to reduce the time that it takes you to prepare food.
9. Allow yourself to feel hungry – there is nothing wrong with it, rather the reverse! Recognize when you are satisfied and stop eating at this point.
10. Do not participate in crash diets. They are damaging to your health. The only diets that you should engage in are those advised by your doctor for reasons specific to your own personal health (e.g. food allergies). Make sure that carbohydrates delivered through high quality foods such as whole grain breads and porridge (not through sugary snack bars!) make up about 50 percent of your dietary intake (up to 70 percent if you are a very active person).
11. Purchase the right utensils for enjoying high fat foods in slim quantities. Make sure that you have a Norwegian cheese knife for cutting thin slices of rich hard cheese as well as a wooden butter knife for spreading butter or margarine thinly and evenly.

For Festive Occasions

12. Emphasize spicy flavors as well as herbs for richness. Cloves, nutmeg, ginger and cinnamon can spice up both sweet and savory dishes and bakes with small means. By the way, these spices are a health treasure: ginger is well known for its anti-inflammatory effects, cinnamon can lower cholesterol and regulate blood sugar (amongst other good things), and

cloves can help you to fight off that cold. Popular Scandinavian warm weather herbs such as dill and parsley add verve and attractiveness to many dishes. Check [Nordic Wellbeing Cookbook](#)⁴ for recipes. P.S. Dill was once used to facilitate better sleep.

13. Serve vegetables in season as a starter or main dish. There is nothing like a wonderful [nettle pie with a red currant jelly](#)⁵ to start with from Julie's Kitchen!
14. Bring in color with red cabbage. Paavo's got the wrap on this in his [Bytes for November-February 2009](#)⁶ in our Food section.
15. Many cookbooks, often by highly acclaimed chefs, suggest that you must work with lots of butter and cream in order to deliver flavor and that feeling of richness. There is nothing that your guests will dislike more than coming away feeling stuffed. Check your recipes before using them and never follow a recipe on auto-pilot.
16. Get away from the roast centerpiece. The beauty of a smorgåsbord is that you don't have to go for a big centerpiece roast.
17. Rounds of rye hard or crisp bread are a festive and cost-effective addition to the table. Laid out with a jar of herbed butter, you'll find this to be a surprisingly popular offering.
18. Provide an appealing alternative to alcoholic drinks. See Julie's Kitchen for a delightful [Apple Glögg recipe](#)⁷. See our recipe for [Warm Lingon Juice](#)⁸.
19. Fruits, berries and nuts, please! They're inexpensive, good for you and make all the difference. Oranges, clementines and mandarins are a popular addition to desserts such as the traditional Scandinavian rice pudding and provide that much-needed Vitamin C pick-me-up during the dark season. Alternatively, make an orange compote and spice up with a bit of cinnamon. Let lingon or cranberry simmer in a few tablespoons of honey, water and lemon and you'll have a delightful addition to sweet and savory dishes that makes all of the difference. Nuts roasted for a few short minutes in maple syrup satisfy everyone's sweet tooth. In the warm season toss berries in a couple of tablespoons of sugar with a small dollop of cream and a mint leaf on top. Presto, you have got an unbeatable dessert. Check Julie's Kitchen for her fantastic [Blueberry Crumble](#)⁹.
20. Pare down the décor and let nature do the work. Aside from a simple, clean ironed table cloth, you need lots of candles in safe holders and a few pine branches (or branches of something that grows in your area).

Links

1. http://www.nordicwellbeing.com/Julies_Kitchen/2009/01/03/grot-glorious-grot/
2. http://www.nordicwellbeing.com/Julies_Kitchen/2009/01/03/light-salmon-casserole/
3. http://www.nordicwellbeing.com/Julies_Kitchen/2009/01/03/yellow-pea-soup/
4. http://www.nordicwellbeing.com/web/food/nw_cookbook.htm
5. http://www.nordicwellbeing.com/Julies_Kitchen/2009/04/23/its-nettle-time/
6. http://www.nordicwellbeing.com/web/food/more_bytes/bytes_1108.htm
7. http://www.nordicwellbeing.com/Julies_Kitchen/2008/12/03/holiday-season-drink-idea/
8. http://www.nordicwellbeing.com/web/food/more_food/warmlingon.htm
9. http://www.nordicwellbeing.com/Julies_Kitchen/2009/01/17/hot-blueberry-crumble/

In the Garden

1. Skip the garden service and perhaps even some of the powered gardening tools (use manual tools)– make the garden your exercise this warm season.
2. Plan a garden that reduces the food bills, however modestly (see more about SPIN Gardening at www.spingardening.com).
3. Plan and plant a garden in pots or in raised beds, reducing the amount of soil needed.
4. Don't start too late and waste your seeds! Many plants, including food crops, begin to grow when the snow is still on the ground, or need to be pre-cultivated indoors.
5. Fancy ergonomic equipment is nice and hopefully it will be getting cheaper, but for now focus on getting good basic equipment and think about posture, bending and lifting technique. Check the blog [The Accidental Ergonomist¹](http://TheAccidentalErgonomist1.nordicwellbeing.com) at nordicwellbeing.com. Basic equipment (depending on what you've got in your garden): manual lawn mower, long garden spade, small metal rake for evening out soil and raking in a new layer of organic material into plant beds, large rake for raking away leaves and other organic material, manual weeder, small planting spade, sharp garden clippers, branch saw, bush clippers, basket for organic material, equipment for watering (regular hose plus attachments, drop hose and others).
6. Think carefully about how you lift, dig and move otherwise in the garden. A thoughtless first day could result in the foiling of your dreams for the season! Bend your knees! Never lift anything heavy with your knees straight. Some things are not made to be lifted by you only! Get a sturdy wheelbarrow and a pair of good gardening gloves to strengthen your grip. Organize your garden in raised beds.
7. Quality soil is one of the keys to a successful garden but don't go overboard or let the gardening shop mislead you. For most gardens sufficient preparation is turning the soil at the beginning of the season and adding a bit of garden compost and manure (which you should continue to do periodically throughout the season).
8. You can purchase soil testing equipment or you could just conduct a cost-free quick test to see what your soil needs more of by taking a handful of soil in between two wet hands and seeing whether you can roll it into a sausage. If so, you've got clay-like soil. If it falls apart, you've got sandy soil. To improve sandy soil so that it keeps nutrition and moisture better, add bark, peat and compost. To improve clay soil so that it drains better, add sand and compost.
9. There is no form of soil nutrition you can buy that beats using garden compost (leaves, grass and other material from the garden) and the kitchen compost. So, set up an efficient composting system for your garden! (if you are wondering how, visit the Resources section of www.compostingcouncil.org).
10. Add to the ingredients in 9., fermented manure. Visit your local stalls (horse, cow, hen) and ask whether you can relieve them of some of their manure piles from last year.

11. Give your garden that little extra nitrogen-fixing kick that it needs by blending in ashes from the fireplace, giving it nettle water, check [Nordic Garden Lore](#)², or by starting with sewing nitrogen-fixing plants (so-called green manure) such as peas, beans, lupin or clover.
12. Instead of purchasing many new plants of the same type, consider taking cuttings of new spring shoots from plants that you want more of. Some will grow roots simply by being placed in a glass of water in the sun. Others need to be planted in soil and given time in a green house environment (this can be created by covering the potted cutting in a small punctured plastic bag). Plant out the shoot and give it a little support in a warm, sunny place.
13. Protect plants against hungry garden insects by removing them with your glove-covered hands, by learning which plants and herbs repel insects that are attracted to vulnerable plants and by trying out natural repellents such as pine-oil detergent diluted in water and rhubarb leaf decoct (immerse rhubarb leaves in boiling water then strain out the leaves and use the water as a spray).
14. Be a biodynamic gardener – it's better for the earth, better for you and for your wallet! See our article [Nordic Garden Lore](#)² in Gardens & Herbs at nordicwellbeing.com.
15. Our gardens need a healthy balance of insect life in order to thrive. Encourage, in particular, butterflies and bees. Provide stones for them to warm their wings before flying, water for drinking, aromatic herbs, edible and aromatic flowers.
16. When the season is done consider harvesting your own seeds for use next year. Seeds should be harvested from healthy plants when the fruit has completely matured, e.g. for a cucumber this means that it has begun to yellow and soften. Let the seeds dry completely and save them in a dry, cool place with a temperature not higher than 25 C or 77 F. Paper bags or folded small bits of labelled paper are ideal as are labelled and sealable tins. Do not store seeds in plastic bags as they need to breath. Avoid the refrigerator as it is too moist there.
17. Set up a system for bartering seeds, cuttings, plants and food produced with your garden-loving neighbors and friends. Your community will become a greener, livelier and healthier place to be in!
18. For flowers, choose perennials that will return over many years.
19. Save your hard plastic packaging from the supermarket (e.g. fruit punnets, etc.) as seed germinators. i.e. for seeds that should be cultivated in the green house or inside before being planted out.
20. Cover the new plants and any plants with sensitive roots with leaves or pine branches during the winter to ensure survival.

Links

1. http://nordicwellbeing.com/The_Accidental_Ergonomist/
2. http://www.nordicwellbeing.com/web/gardens/more_gardens/garden_lore.htm

Outdoors

1. Place the most comfortable walking shoes you have at the front door. Challenge yourself to see for how many days in a row you can use those shoes to take a one hour walk. Keep a tally on your refrigerator door or somewhere else prominent. Read our article about making the shoes you've got even more comfortable: [Happy Trekking Feet](#)¹ in the Outdoors section at nordicwellbeing.com.
2. Draft your partner, friend or child into the challenge. Make sure they have their most comfortable walking shoes placed at the front door too.
3. Place the light weights or walking poles that have been stuffed away in the closet at the front door with your shoes. Use them on your walk to build up a sweat. Sweat helps you to get rid of toxins that build up in your body through stress. For more on walking with poles read our article [Nordic Walking](#)².
4. If you live alone and cannot find a friend to motivate you, offer to walk the neighbor's dog daily. There is bound to be a neighbour whose dog doesn't get enough exercise. If you've got your own Fido, this is the opportunity for you both to get fitter! Make a plan together.
5. Don't set out to mentally rake through the past and future during your walk. This won't solve the problem. Notice your environment – be present. The answers will come.
6. Focus on how you walk – posture is about attitude. Read our article about posture: [Pace & Posture](#)³. Don't forget to check [The Accidental Ergonomist](#)⁴ at our e-magazine!
7. If you are walking alone, be aware of the people around you. Greet them or at least smile. You live in a world of common souls and you are not alone.
8. You might find your iPod world relaxing, but it cuts you off from being present. Leave the iPod at home just this once.
9. Turn the mobile phone off. Avoid your walk becoming a business meeting.
10. The weekend is time for adding adventure to your walking or (see below) biking outings. Sort through your old back packs, thermoses, etc. and put together a compact weekend kit next to your other equipment at the front door. In this way, you won't be able to use as an excuse that it's just too much to organize.
11. Take your camera with you. It's more than a tool for taking pictures – it's a tool for being present. Find inspiration for photography in our article: [Nature through a Lens](#)⁵ in the Outdoors section of nordicwellbeing.com.
12. Polish off that old bicycle and pump up the tyres or buy a second hand bike.
13. During your longer weekend walks or biking outings, if possible, make plans to gather a few things from nature to take home with you. This could be berries, mushrooms (know your mushrooms before you pick them for consumption!), beautifully colored leaves, pine cones, etc. Make something with it when you get home. The kids will think it is great fun. You're rich!

14. Don't get too tied up about overloading with snacks for your longer trip. Keep things light, simple and stream-lined and build up an appetite for when you come home. Check our article: [Nuts, Oranges and Chocolate](#)⁶ in our Food section at nordicwellbeing.com.
15. Wear the right clothes but don't make the lack of sporting clothing an excuse. During the cooler season remember the layer principle. For more information about this, see our article: [Cross-Country: Getting Equipped](#)⁷.
16. Join a public physical activity event – Sunday walk or other. If you are going for that Marathon, make sure you consult your doctor first. Build up your fitness for it day by day. If you cannot find what you are looking for, start an event in your community.
17. Just before setting out on your walk or bike, ask yourself two questions: What do you really want out of this moment, this day, this life? What is required to achieve that? Then set off and don't think about them. Your mind will massage these thoughts in your subconscious and come up with some interesting perspectives.
18. Use your walking or biking time as your time for keeping the words “I cannot” out of your mind and off your lips .
19. Swing your arms out to the sides and open up your rib cage. Breathe deeply. It is something we need to do and forget to do on most days. Read our article: [Breathe Deep](#)⁸ from our Relaxation Section at nordicwellbeing.com.
20. Keep your walking and biking time sacred in your life. Prioritize it whatever the circumstances. Don't drop it when the stock market goes up!

Links -----

1. http://www.nordicwellbeing.com/web/outdoor/more_outdoors/happytrekking.htm
2. http://www.nordicwellbeing.com/web/outdoor/more_outdoors/nordicwalking.htm
3. http://www.nordicwellbeing.com/web/outdoor/more_outdoors/Pace_Posture.htm
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7. http://www.nordicwellbeing.com/web/outdoor/more_outdoors/gettingequipped.htm
8. http://www.nordicwellbeing.com/web/relaxation/more_relaxation/breathe_deep.htm

Winding Down

1. Introduce a daily deep breathing routine: A universal stress response is shallow breathing. Sustained over a longer period of time, this leads to host of physical problems. See our article [Breathe Deep](#)¹ from our Relaxation Section at nordicwellbeing.com.
2. Enjoy a sauna for at least an hour once a week. If you haven't got one at home, visit your local sports center, YMCA or YWCA. Read about the many beneficial effects of sauna in our articles [Getting Effective in the Sauna](#)² and [A Soul for the Sauna](#)³.
3. Purchase or make a grain pillow for improving sleep and reducing muscular pain. This is a small investment with high returns. See our article [Grain Against Pain](#)⁴.
4. Try relaxing herbs as tea or essential oil in the bath, particularly before bedtime. See our article about best herbs to choose from in our article [Herbs that Relax](#)⁵.
5. Remember to laugh – invite friends with a sense of humor over and have a good laugh. Learn about the positive mental and physical effects of laughter in our article, [A Laugh a Day](#)⁶.
6. Remember that your best source of energy is inside of yourself: learn to source your own energy with our 20 minute own energy sourcing exercise.
7. Practice just being: Introduce our 20 min meditation exercise as a daily routine. Read the article [Modern Meditation](#)⁷.
8. Get used to giving and receiving massages around family and friends. Make it a family tradition. See our article about [Raindrops on Your Back](#)⁸ for more on the effects of mini-massage.
9. Try cold water bathing, particularly in connection with sauna! We know that it doesn't sound fantastically appealing in the cooling weather, but it certainly will give you a boost. See our article about [Cold Water Bathing](#)⁹.
10. Get up early enough to give yourself a half an hour of alone time for reading or doing something else that you enjoy. If you've got young children who jump up early, get them used to the idea that this is your time, that they can be with you but quietly.
11. Practice distancing yourself from your reactions: become the onlooker.
12. Give yourself a home facial: Get rid of face and neck tension by steaming your face over a pot of hot water infused with herbs or a few drops of relaxing herbal oil. Hold a towel over your head so that the steam does not disappear. Make your own Honey Yogurt Face Mask and relax on the sofa with this for 20 minutes after steaming. See [Sweet & Clean](#)¹⁰, from our Relaxation Section at nordicwellbeing.com.
13. Take a pine oil bath for reducing muscular tension. If you don't want to bathe your whole body you can prepare a foot bath in a small basin.

14. Body brush everyday for at least 5 minutes to improve your circulation and boost immunity. Read our article, [Christmas Cleansing](#)¹¹ for more about body brushing and other simple at-home treatments.
15. Avoid eating or drinking alcohol just before going to bed. Water or herbal tea should be all that you consume 2-3 hours before going to bed. Making your digestive system work hard just before sleeping isn't a plan for a good night's sleep. If you've missed dinner make up for it with a hearty breakfast instead.
16. Introduce a regular physical exercise routine (see the Outdoor section of this document and visit the Outdoor Life section of www.nordicwellbeing.com).
17. Keep regular sleeping hours.
18. When you're feeling low, talk to someone. Don't keep it inside yourself. Online chatting isn't the same as talking to a live person although it can be better than no communication at all!
19. Get some light therapy this winter: Go out during light hours. Read more about improving the light in your surroundings in our article [Shine the Light on White](#)¹² in our Design section at nordicwellbeing.com.
20. Smile and people will smile back at you. Knowing that you live in a world of people that care is one big stress reducer.

Links

1. http://www.nordicwellbeing.com/web/relaxation/more_relaxation/breathe_deep.htm
2. http://www.nordicwellbeing.com/web/relaxation/more_relaxation/gettingeffective.htm
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