

# LIFE HACKS TRUCOS DE LA VIDA

Monday



August 31, 2020

Welcome • Bienvenidos

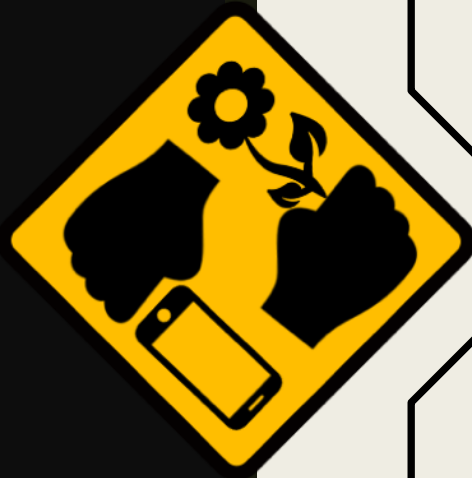


# What is a life hack?

## ¿Qué es un truco de la vida?

- A life hack is any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life.
- Un truco de la vida es cualquier truco, atajo, habilidad o método novedoso que aumenta la productividad y la eficiencia, en todos los ámbitos de la vida.

# CURRICULUM OVERVIEW



During this week of instruction, you will be learning different tricks and shortcuts for some of life's smallest and largest challenges. Everything from how to remove coffee stains from your clothes to ways for reconnecting with nature, with loved ones, and with yourself.

OVERVIEW

There are two small projects that you will be doing this week.

1. Participants will create their own digital notebook in Microsoft OneNote.
2. Participants will create their own picture-based and/or video based life hack.

PROJECTS

# Course Blocks

## LIFE HACKS

Hacks for the  
home, kids, clothes

## TECH TIME

Technological  
hacks

## NEW NORMAL

Hacks for life in a  
post COVID world

## ME TIME

Taking care of self  
to care for others

Each course of Life Hacks Week fits into one of these blocks

SOFT  
AGAIN!

BEFORE

AFTER

INCREDIBLY  
PLEASANT

PRESS DOWN

WAIT 5 MINUTES

# MODULE 1: Life Hacks

Play 01 Video Life Hacks - monday

Activity: Can you think of any  
Life Hacks you use in your life?



Family Care

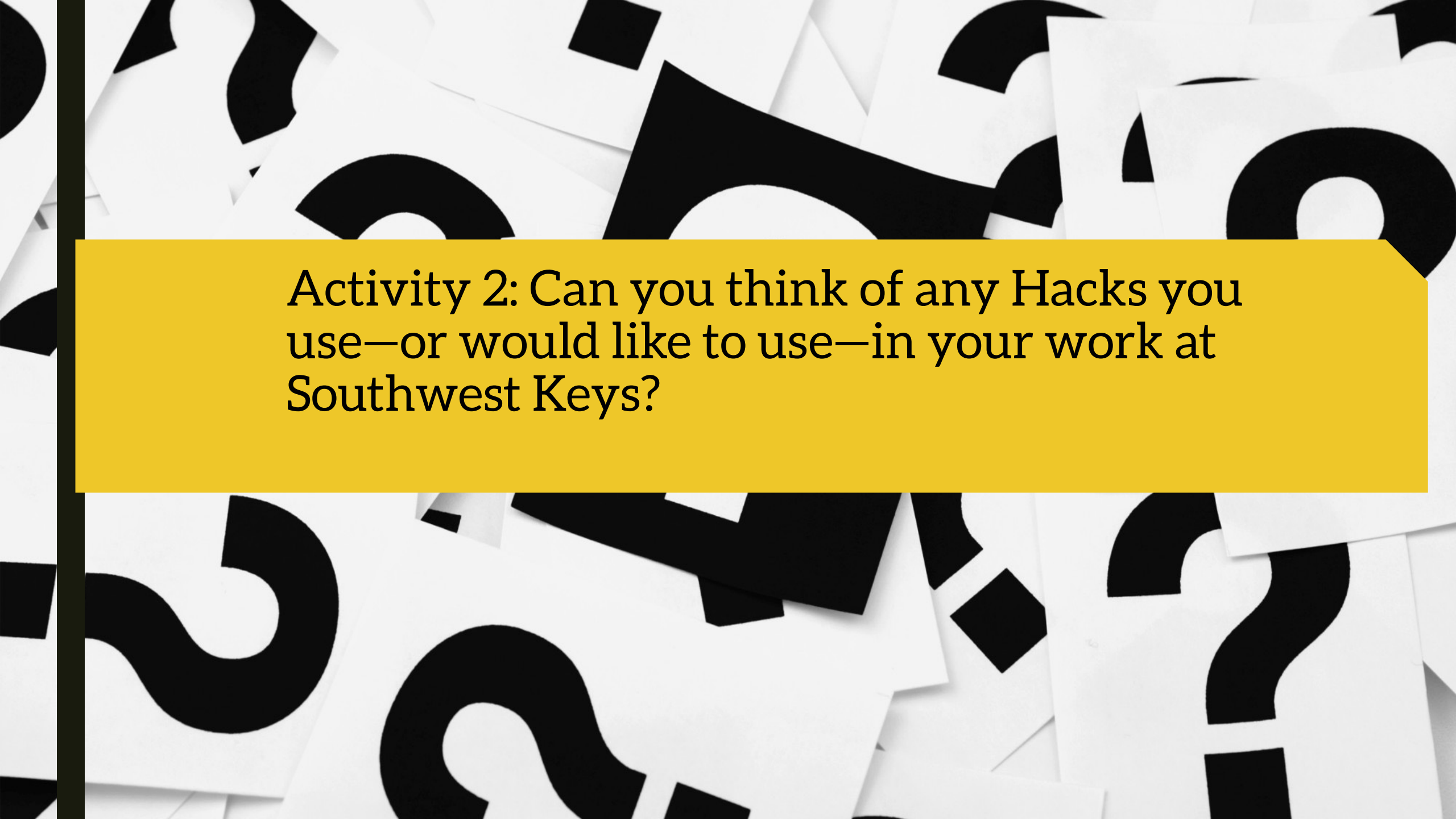
Technology

Auto/Bicycle

Cooking

Home Improvement

Hacks handed down from family

The background of the slide is a collage of white paper scraps scattered across a dark surface. Each scrap has a large, bold, black question mark cut out of it. The scraps are layered and overlapping, creating a sense of depth and movement. A solid yellow rectangular box is positioned in the center of the slide, containing the text.

Activity 2: Can you think of any Hacks you use—or would like to use—in your work at Southwest Keys?



# Activity Wrap-Up: Group Share





# MODULE 2: BIO HACKS

Enhancing Your Energy Levels | Part 1





# Energy? What energy?



You would think that a general break from your daily routine—including commuting to and from work—would give you more energy.

But this is often not the case.

In this two-part module, we'll take a look at seven science-backed tips that can help boost your energy levels.

# [1] Water

Really? Water again? Why?

- Water is the key ingredient in every biochemical reaction in EVERY CELL in our bodies. So, if we don't have enough water, our bodies can't function at their best.
- Water is the number one stress-reducing beverage we can drink (sorry alcohol) because it facilitates all our biological functions. And feeling stress requires A LOT of energy!



# How much water are we talking here?

## ■ FOR WOMEN

DAILY – About 9 glasses of water (2.2 liters)

## ■ FOR MEN

DAILY – About 13 glasses of water (3 Liters)

### CHALLENGE



Try drinking an extra glass of water for the next couple days. Notice if you feel any different. If nothing, try two extra glasses.



## [2] Exercise

- Exercising can tire you out, but the endorphin rush you get from the activity can give you the energy you need to complete tasks you wouldn't otherwise have.
- Walking is the easiest, cheapest, and best form of exercise for people of all ages.
- Walking in nature or in a park provides added benefits to your energy levels.



# [3] Return to Nature

- Fresh air, less noise, less distraction, and usually free.
- Nature engages all of your senses.
- You can find natural settings all around you, beat the heat and get up early for that walk!

## CHALLENGE



Take a walk in a nearby city or state park with your children or partner. Notice if you feel any different. Try making it a weekly habit for a month.









# MORNING BREAK

See you in 15 minutes!  
Go eat or drink something!

