

HEALTHY HACKS FOR HOLISTIC HAPPINESS

5 SIMPLE & EASY TIPS TO
IMPROVE YOUR LIFE



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*"There's always room for
improvement, you know it's the
biggest room in the house."*

- LOUISE HEATH LEBER



5 HACKS TO IMPROVE YOUR LIFE

You want to make some changes and improve your life but... you're kinda stuck on where to begin, right?

It can be so overwhelming sifting through lists of the top 20 best things you've gotta do RIGHT NOW so you can feel better immediately.

And most of the time, they're impractical. Or really expensive.

I know this struggle. When I began my health and wellness journey over two decades ago, I was starting from scratch.

But over the years, I've built up an arsenal of fast, helpful, easy-to-do hacks that really will bring immediate improvement to your life. And I'm gonna lay them all out right here.

Ready? Let's go.





HACK YOUR SLEEP

It's kinda cliché, but true.

A good day starts with a good night's rest, so that's why we are going to start with hacking your sleep.

I've got three things for you to try that will result in better sleep, which will mean waking up feeling rested and ready to tackle your day like a boss.

Meditation Apps

There are two apps you've gotta checkout because they're going to help shut your brain down at night so you can sleep.

Headspace - it has 10 free meditations you can use.

Calm - this one's got more than meditation for sleepy vibes which is awesome. I've added it because it has a sleep stories section with nighttime stories read by celebs. Maybe you're into that.

Geta New Pillow

Yep. If your pillow is more than a couple years old, guess what... it's time for a new one.

No, you can't skate by this by tossing it in the wash. Literally buy a new one and see how much better you sleep because of it.

4-7-8 Trick

Breathe in through your nose for 4 seconds.

Hold it for 7 seconds.

Breathe out through your mouth for 8 seconds. Repeat.

HACK YOUR MOOD

Next, let's tackle your mood.

Stabilizing your mood will help decrease stress levels. And I think you'd agree with me that stress is the number 1 reason feeling holistically happy is such a challenge.

I might be a little biased since they changed my entire life for the better, but essential oils are your best option for managing your mood and controlling stress.

Here are three ways you can easily integrate essential oils that hack your mood:

Breathe In Good Vibes

Whether you diffuse oils, place a drop or two in your palm and breathe in, or simply give the bottle a sniff... letting your olfactory nerve deliver the power of the oils to your body brings an instant boost.

Citrus or mint oils are best for this. Think Lemon, Lime, Orange, or Peppermint.



Apply To Your Feet

You probably did not expect me to say that, right? Newsflash: our feet have the biggest pores on our bodies. That means applying oils there is a fast way to get them to your bloodstream. A grounding oil like Black Spruce, Vetiver, Siberian Fir or Ylang Ylang works best here. They'll steady your mood and bring clarity to your mind.

Add To Water

Take a drop of Lemon, Grapefruit, or even Lavender and add to a glass of water (or another beverage) then enjoy the flavor + mood boost. Total win.

HACK YOUR DIET

Whatever you're putting in your body is literally your fuel to get through the day - and not just physically. Of course it's super important to eat healthy, organic foods... but one problem with our modern day food sources is they lack complete nutrition.

It's a total bummer.

But the good news is you can make a few simple hacks to your diet to fix those deficiencies.

Add Some Salt

But choose a salt that's packed with extra nutrition, like Beruna Salts.

Beruna Salts are packed with "nutrient dense organic seeds, superfoods, mineral salts, and healing spices" and they taste amazing.

I add these salts to my food for an added nutrition and flavor boost. It's super simple and is an instant upgrade.



Eat Probiotics

Probiotics are good bacteria that you want in your gut. Most of your immune system lives in your gut, so the number one way to stay healthy is to keep that whole system balanced. Probiotics do this. So eat some yogurt. Drink a kefir shake. Or take a probiotic supplement if you can't do dairy.

Eat In Season

There's a reason apples taste better in the fall, and it's because they're nutritionally more dense and better for you when they're in season. Buy seasonally. Go pro with this tip and shop your local farmer's market, too.



HACK YOUR TRAVEL

I love travel... but I also kinda hate it. The experiences are fun, but it does a number on my body and mind. Are you with me on this?

These are my three tried and true travel hacks that help offset the physical and emotional drain of traveling:

Healthy + Simple Snacks

This is so easy you may take it for granted. I like to toss a few [GoMacro](#) bars in my bag because airports are not exactly the best place to find healthy food. These are organic and vegan.

I also recently discovered [Simply Gum](#). It's naturally flavored (yes!) and is small enough that you can toss it in your purse.

Empty Water Bottle

Put an empty water bottle in your carry on. It won't be taken by airport TSA, and when you're past that area you can fill it up. Boom.

Bonus points if you drop some Lemon essential oil in there.

Shop Local

Yep. Find the local grocery stores (or health food stores) and shop there. I like to make a stop and stock up on healthy stuff that doesn't necessarily have to be put in the fridge and is also portable.

Or, if you can't travel outside of the place you're staying, use a service like Uber Eats or DoorDash to deliver local food.



HACK YOUR WORKSPACE

I'm all about maximizing time and efficiency so work doesn't eat up the entire day.

These hacks are all about getting hyper focused.

Cancel Out The Noise

Do yourself a favor and get some noise cancelling headphones if you don't already have some. I like this set - [Active Noise Cancelling Headphones](#) (and they're affordable so don't use that excuse).

Block Your Time

You can't work 8 hours straight on the same task. It isn't possible or even realistic. So break your day into 1-2 hour chunks and block your tasks out. See how much more productive you are when there's less time floating around, too.

Set Boundaries

I don't care where your desk is, there are people around it. Be super clear with them about what you need in order to accomplish your work.



NOW MAKE IT HAPPEN

You now have 5 areas with 3 tips each to start hacking your way to better habits and a happier life. That's fifteen possible ways you can improve yourself.

If you liked these tips, I've got an invitation for you. I've created a group (called Healthy Habits & Holistic Happiness) that's solely focused on ways you can be a better YOU. .

You in?

Yes, let me in.



I HOPE YOU ENJOYED MY HEALTHY HACKS FOR
HOLISTIC HAPPINESS.

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