

## Nordic Insights podcast Episode 13

### 5 Nordic ways to break up your Groundhog Day routine

I don't know about you guys but during these past months with this COVID circus I have been feeling like Bill Murray in Groundhog Day. The weeks feel so alike. It's Monday and it's suddenly Friday. Where did the week go? Did I do anything meaningful and productive? Why does it feel that every week is like the one before?

I know one reason is that it is more challenging to plan ahead during this time of uncertainty. You cannot venture far from home for a long period of time. Our social lives are so much more quiet than they would normally be. My annual girls weekend away, which we have done for 20+ years, has been postponed for the first time ever, until next year. Instead we just do a long lunch and meet virtually with those who cannot attend. It's very nice but it's not the same.

If you need disruption to your routine like I do, here are

### 5 Nordic inspired disruptions to spice up your week

(Links to these topics are in my shownotes.)

1st disruption

#### 1. For Mindset - scream your heart out

Some days I just want to scream. We have been through a lot. I found the perfect place to let my frustrations out. Somewhere big, untouched and beautiful - wilderness in Iceland. You can now record your scream and it will be released in Iceland's beautiful, wide-open spaces. And when you're ready, come let it out for real. You'll feel better, I promise. Get ready to scream at [Looks like you need Iceland](#).

While you scream you can also dream about traveling in Iceland. It is breathtakingly beautiful, isn't it.

#### 2. For Food - Dine like a Swede

I have been cooking and baking for and with my family since March and at first got excited to try different recipes and bake different types of bread and cakes, but now I am fed up with it. I just want something very easy and quick. Go to IKEA and buy the [ready made Swedish meatballs](#) and [lingonberry jam](#). Only thing you need to do is the potato mash - voila, your Swedish dinner is made. However, if you want to make an effort and do it all by yourself [here is a traditional Swedish meatball recipe to try](#).

### 3. To Entertain - Danish criminals

Are you sure you have watched all the Danish Noir box sets? If so, you would think that Denmark is a very dodgy place, full of criminals. Well that is not true. However, it is full of really good script writers and actors. Here are some of my [favourite Danish TV shows](#) to stream while you are huddled indoors. Watch Borgen, The Killing, 1864 and so on. Create some hygge for yourself and start binge watching.

### 4. To Exercise - like Nordics

Time to get up from the couch! If you have seen people walking outdoors with ski poles you might have been wondering what that is all about. It is called Nordic walking - a form of exercise developed by Finns in the 1930's when the Finnish Cross Country team started using their poles for summer training. So if you are looking for a new way to get yourself outdoors or do something different to your normal exercise routine try Nordic Walking. You need of course to invest in poles. [Prices start from \\$30 - \\$400](#). Even though it looks easy, there are several techniques to do it. Your aim could be fitness and weight loss, rehabilitation, hikes or trekking. However, it is important to get the technique right. Check out your local Nordic Walking club or consult Dr Google before you start. Sometimes I see people with poles walking and I feel an urge to go and tell them how to do it properly. My husband normally stops me. The [health benefits are endless according to Harvard Medical School](#). For example Nordic Walking with Nordic poles burns more calories and works more muscles than conventional walking. Give it a try and try something new. Finally, to look like a Nordic get yourself a Nordic anorak jacket, it will last you a lifetime. Go to [Anorakki.com.au](#) and when you quote Nordic you get 10% off.

### 5. To be hopeful - the Norwegian “Doomsday Bank”

When it comes to the continuation of life on earth, no amount of money would be too high a cost. The Svalbard Global Seed Vault is carved into a hillside above Longyearbyen airport, 130 meters above sea level in Svalbard, Norway. It is preserving a wide variety of seeds from plants from all over the world, in case of a global crisis. Over a million seeds, to be exact, each sealed individually in a heatproof packet, in a permafrost space. These seeds are kept in the secure bank in case of nuclear war, climate change, or any geopolitical disaster that would require replanting the future from the ground up. The seed samples shipped to Svalbard are still the property of the country or the gene banks that sent the seeds. Learn more by going to [Seedvault Norway](#).

I feel better and more hopeful about knowing this.

Something irreplaceable from the natural world is kept safe for future generations.

That's 5 disruptions for your week. Next week we are talking about Nordic business in a big way! Until then.