

Increase your Energy Level

Do you lose steam at the end of the day? Does your typical day sound a little something like this...7:00 a.m. woke up 30 minutes late and rushed out the door. 8:00 a.m. arrived at the office and grabbed a cup of coffee before rushing into the morning meeting. 9:30 a.m. passed by the break area and grabbed a quick donut. 11:00 a.m. realized that you could not get finished by the deadline if you didn't work through lunch. 2:00 p.m. filled your cup with what you thought was coffee but it looked a little like mud with oil on the top. 3:00 p.m. you slumped down in the chair and thought, "how can I ever make it two more hours...why don't I have any energy?"



You may be suffering from fatigue. Fatigue can be caused by a wide variety of physical and emotional elements. Take a good look at your life style.

Are you getting enough sleep?

- ◆ Most people need 6 to 8 hours of sleep each night to be able to respond quickly and think clearly.
- ◆ Limit your alcohol intake. Alcohol dehydrates and can cause fragmented restless sleep.
- ◆ If you get enough rest but still feel sleepy eyed in the afternoon, you may need a little exercise to jump-start your metabolism.

Are you Exercising Regularly & Eating Healthy?

- ◆ Start the day with a brisk walk. Exercise increases blood flow and volume and strengthens your heart and lungs. People who exercise regularly are better equipped to handle stress than people who may be identified as couch potatoes.
- ◆ Eat a nutritious breakfast. Your body needs to be refueled from overnight. Eating healthy boosts your metabolism and keeps you running through the morning.
- ◆ Drink lots of water. Letting yourself get dehydrated will drain your energy.
- ◆ Choose complex carbohydrates, "the energizing foods", such as whole grains and vegetables. Complex carbohydrates take longer to digest and will reduce rapid changes in blood sugar levels.
- ◆ Limit your intake of high-sugar foods or caffeinated products. Avoid a "temporary fix" for energy such as soda's, coffee and candy. These types of foods create a rush of sugar, which your body responds to by releasing insulin. This insulin release will quickly drop your energy level and cause your body to store excess fat.

How is your Mental Well-being?

- ◆ Depression, anxiety or stress can bring on fatigue. Talk to a friend or a professional counselor that can help you pinpoint the areas in your life that are out of balance.
- ◆ Create balance in your life. Learn to prioritize job and household tasks, set aside time for fun and relaxation.

- ◆ Keep a positive attitude. Negativity will drain your energy. Seek something positive for every situation. Remember that it is hard to be negative if you are smiling.
- ◆ Don't worry, be happy. Worrying is a waste of time and energy. Take action to resolve the problem.

For more information contact your Employee Assistance Program at 800-862-3398