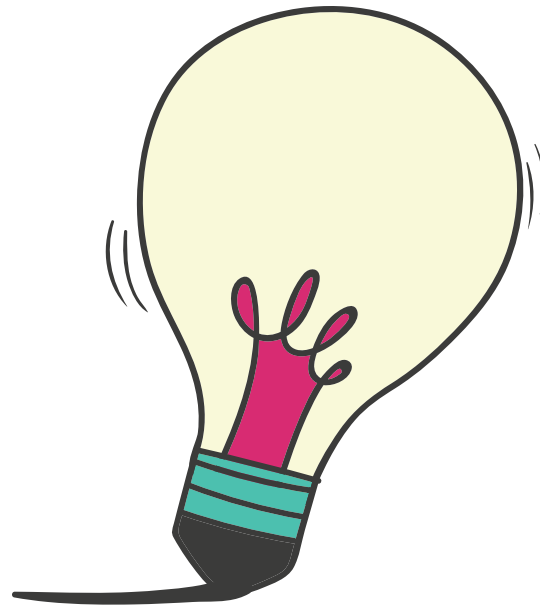




# 52 Energy Boosters

FOR EVERY WEEK OF THE YEAR

TOTALWELLNESS



There's a ton of reasons why you might lack energy.

You stayed up too late binge watching your favorite show. Your kids are sick. You got bad news about your health. Your nutrients and minerals are out of whack. You have a cold. The list goes on.

**So many reasons can lead to energy drains.**

Thankfully, there's a variety of approaches you can take to restoring your energy. If you're tired of energy drinks or running on fumes, consider our list of 52 energy boosters as your next go-to strategy.

Throughout this ultimate list, you'll also find a couple of **#protip** scattered throughout. These little bonuses will guide you into the best way to use your energy booster!

There's one for every week of the year, making it easy to find the ones that restore your energy reserves the best.

# FEELING LAZY?

**1. Picture it done.** Creating a list of what you need to do may refresh your insight of what's important. Once you're done, close your eyes and imagine the tasks already finished. Sometimes this alone will give you that spike of energy you need to get rolling.

**2. Do one task at a time.** If you're feeling particularly lazy and unmotivated, start small. Once you successfully complete that first task, it usually gives you the motivation to continue on with a refreshed attitude.

**3. Apply The 5 Second Rule.** Mel Robbins, a renowned motivational speaker, wrote the best-selling book *The 5 Second Rule*. In it she describes a rule anyone can apply at any given time — like getting out of bed. Count backwards from 5. Once you hit one, physically move your body and make a decision to move forward with your day.

**4. Find balance.** Are you being “lazy” compared to the week before when you worked 60 hours? Mentally, you may be done. Make sure you're not neglecting other areas of your life that matter, too. [Balance](#) is key.

**5. Shut out the easy way.** If you find yourself escaping tasks you don't want to do, ask yourself why. Then, find a way to make it hard to avoid doing what you ultimately need to do anyway.

*#protip: If you come home and veg out in front of the t.v., unplug all the cords and hide your remote before you leave the house. You'll be so annoyed that you did it that you'll find a more productive way to spend your time!*

**6. Create your own motivation.** Think of the last time you were really motivated. When you achieved your goal, you probably felt energized and proud of yourself. If you need to get moving on a project, goal, etc., set yourself up to do it. Picture it, schedule what you need to do, and tell someone about it. Then, when you achieve it, write it in a brag sheet. It'll get you moving with more enthusiasm next time you feel lazy.

*#protip: Use a visual reminder of a time you achieved a really important goal and put it in a place you see often, like your locked phone screen. That will jumpstart you and get you motivated all over again!*

**7. Take action.** Sometimes, you just have to take an action. Any action. Whether it's getting out of bed or creating a to-do list for the day, taking action gives you power over the moment of laziness you're experiencing.

**8. Connect socially, not on social media.** When you're feeling unmotivated, check-in with your tribe. Whether you hug a friend, high-five a coworker, or just hang around other personalities you enjoy, you'll get a boost of oxytocin. Social media tends to create lazy friendships. Connect in person, and you'll remember how energizing friendships can be.

**9. Be kind to yourself.** If you've been on a lazy streak, it can be easy to beat yourself up over it. Sometimes berating yourself will work as motivation to get moving, but mostly your self-esteem takes a beating. Cut yourself some slack, but set a deadline (even if it's the same day!) of what action you'll take to get rolling on your goals, desires, and commitments.



# FEELING TIRED?



**10. Power nap.** If you're totally dragging, a short cat nap (20-30 minutes) will increase short-term alertness, according to the National Sleep Foundation. It's the perfect length for a lunchtime nap to improve performance without feeling too groggy.

**11. Do a downward dog.** You don't have to be a yogi for this pose. Some studies report it can be a great fatigue fighter. Make sure your knees are hip-width apart before walking your hands out on the floor in front of you. Spread your fingers and press your hands into the floor, fingers pointing straight ahead. Tuck your toes and lift your hips up, keeping your knees bent, while stretching your head between your shoulders and your chest back toward your thighs. Breathe deeply.

**12. Drink a cup of coffee.** Coffee has long been appreciated by the masses for its stimulating effects. Within 15 minutes of consumption, you'll get a pick-me-up to get you through an energy slump. Grab a cup of java if you're feeling especially tired. Just don't overdo it (it's also dehydrating) or drink it too close to bedtime as the effects can last up to six hours, according to Michigan University Health Service research.

**13. Pep yourself up with peppermint.** Whether you pop a peppermint candy or diffuse peppermint oil in an essential oil diffuser, studies show peppermint can increase alertness. Plus, it smells delightful.

**14. Bring more energy to you.** We all have places, people, or leisure activities that recharge us. What do those look like for you? Write a list down and consider how to bring more of those into your daily life.

**15. Drink water.** Being dehydrated will make you feel fatigued. When the usual afternoon slump rolls around, skip the candy and the soda. Instead, walk to the water cooler every hour. Add fruit to your water if you are craving some flavor.

**16. Get nutty.** Toss back a handful of peanuts or almonds. Both are high in folic acid and magnesium, which are necessary for energy and cell production. If you're low on these nutrients, you may feel worn out.

**17. Take a cold shower.** If you've ever had your shower water run cold unexpectedly, you know how it feels to be awake real quick. Snap out of sleepytime mode by hopping in a cold shower first thing in the morning. It immediately pumps up your heart rate, waking you faster than it takes to brew a cup of coffee.

**18. Do what you love upon waking.** Start your day doing whatever you enjoy. It may mean brewing coffee, catching up on the news, meditation, or taking a walk. It'll give you more pep in your step when you first wake up. You may even start looking forward to mornings!

**19. Get up.** If you sit too long at your desk, your energy wanes. Blood flow slows down, and your body essentially feels like you're going to sleep. Stand up. Stretch. Move your body, and you'll move your energy levels up.

*#protip: Set a timer with cheerful music to get you moving. Ask a coworker to join you.*

# FEELING UNFOCUSED?

**20. Meditate.** Over time, meditation can help you center your thoughts and actions. Meditation is all about setting a healthier perspective and training yourself in awareness. Newbies may find guided meditations helpful. For starters, sit in a quiet place without distractions and close your eyes. Focus on your breath. Whether you do it for 1 minute or 1 hour, you'll find you're able to recenter yourself to focus.

**21. Write a to-do list.** If you feel your attention being pulled in too many ways, you'll be distracted all day. When you put your energy toward one important task at a time, you can enjoy the process more.

*#protip: Write a daily to-do list and number the three tasks you must get done before the end of the day. You'll naturally feel more focused as a result.*

**22. Declutter.** With the new Marie Kondo Netflix series, waves of folks are ditching their clutter to transform their lives. If there's anything you can learn from Marie, a Japanese organization consultant, it's that clutter makes almost everyone feel overwhelmed. Take five minutes to declutter your desk or the room you're in. Within minutes, you'll feel energized to tackle your to-do list with vigor.

**23. Take a walk.** If you can't seem to find a solution to a problem, or a work project is distracting you, [take a stroll](#). Whether it's around the office or down to a restaurant, a walk will clear your mind, and possibly your mood.

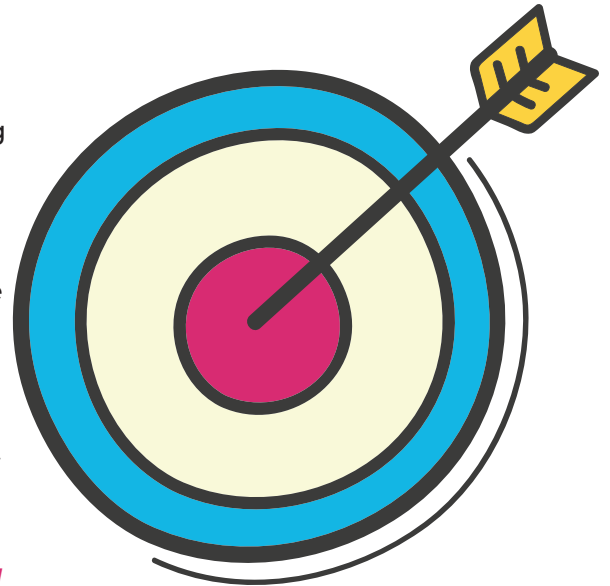
**24. Say it aloud.** When you're distracted, it's easy to forget to do simple tasks like shutting off the kitchen lights before heading out the door. This energy and time-saving trick will help you remember what you've done. As you complete tasks (like shutting off lights) say aloud, "I'm turning off the lights."

**25. Breathe deeply.** Pause and take a second to escape your work. Close your eyes and breathe in through your nose. Silently count to five, and feel your belly expand as you do. Slowly blow the air out through your nose. Repeat until you feel more focused.

**26. Look at your distractions.** What seems to be pulling all your energy? If you're checking your social media or email too much, consider cutting back. Set timers and a time — say twice daily — that you can check it.

**27. Challenge yourself.** There's nothing like having a mental challenge to summon all your focus. Whether it's cooking an elaborate meal, reading Shakespeare, working out hard or doing a crossword puzzle, do an out-of-the-ordinary task that forces concentration in a new way.

**28. Take an active break.** If you enjoy working out but can't spare the time to sneak off to the gym, try some [desk exercises](#) to get blood flowing. Who says you can't do crunches and multi-task at the same time?



# FEELING BUMMED?

**29. Turn on a light box.** Light therapy boxes are known to impact brain chemicals linked to sleep and mood. It's used for several conditions, including depression, sleep disorders, and jet lag. While it won't cure these issues, it may give you more energy within a few weeks of use.

**30. Eat dark chocolate.** Aside from being delicious, did you know [dark chocolate](#) can boost endorphins and serotonin levels? If you want to feel happier, grab a 1 ounce piece of dark chocolate. Just don't wash it down with milk — that negates all the positive side effects, including antioxidant absorption.

**31. Say a prayer.** This looks different for everyone, but praying is one way to cope with many of life's difficulties. Prayer can serve as a relaxing way to slow the body down by decreasing heart rate, muscle tension, and blood pressure, according to one researcher at the Behavior Research Center of the American Cancer Society.

**32. Write a gratitude list.** Aside from helping you reflect on all you have in your life, a gratitude list or [challenge](#) can help you reduce stress and increase your mental strength. A 2006 study published in Behavior Research and Therapy even showed Vietnam war vets had increased daily self-esteem and pleasant days when they expressed thankfulness.

**33. Shrug.** Know the saying "just shrug it off"? When you're feeling tense and overwhelmed, physically making a shrug can help you reduce stress. The body holds onto tension, but it's easy to let it go. Take a deep breath. As you do, bring your shoulders to your ears. Slowly let the breath go, and as you do, drop your shoulders. Do this three times.

**34. Stop negativity.** Being negative drains you of your creative resources and physical energy. When a negative thought enters your mind, picture a stop sign. Try replacing the negative thought with a [positive](#) one.

**35. Call a friend.** Mayo Clinic found that friendship is good for overall health. When you can call on your friends — in good times and bad — it helps you decompress emotionally. It also boosts happiness and reduces stress. What's more energizing than that?

**36. Take one baby step at a time.** Look at your situation and ask yourself this simple question, "What can I do in this moment right now?" When life seems to be too much, it's often because we're looking at too much at once. Even if it's as simple as getting out of bed and taking a shower, that's a step in the right direction.

**37. Volunteer.** When you're down, it can be easy to look at the negatives in life. When you volunteer, you're so busy helping others that you don't have time to dwell on negative issues. Mentally-stimulating activities — like reading or tutoring — boost your memory as well, according to Harvard research. It also lifts your spirits and health when you help others.

**38. Eat whole grains.** If you regularly eat a diet high in fruits, veggies, nuts, and seeds, you improve your physical and mental health. Naturally, whole grains are rich in tryptophan, an amino acid needed to produce serotonin, known as the "feel-good hormone." People who eat the right whole grains are likely to have a better, more stabilized mood, too.

**39. Turn up the high-energy tunes.** Create a playlist of songs that make you want to dance. Anytime you're feeling sad, turn to this playlist to boost your mood.



# FEELING DRAINED?

**40. Pump up your heart rate.** When you're feeling lethargic and tired, head to the gym for a sweat session. Exercise increases endorphin levels, which in turn gives you a boost of energy. Regular, moderate aerobic exercise is also shown to improve concentration. Get your heart pumping and you'll feel pepped up in no time.

**41. Laugh.** Whether you get the giggles or have tears-running-down-your-face belly laughs, Mayo Clinic research shows laughing is good for your health. It soothes tension, stimulates organs, and relieves stress. It also improves your immune system. Go on, watch another funny animal video.

**42. Make a no list.** Sometimes overachievers say yes to too many obligations and commitments. Whether it's because you're afraid of judgment or opportunity passing you by, saying yes to everything will drain you fast. Set boundaries that protect your family time and personal time, and learn to say no to what doesn't fulfill you.

**43. Get a dose of B12.** Vitamin B12 is a necessary nutrient for the body that keeps blood cells and nerves healthy. It also prevents anemia, a condition that makes people feel weak and tired. You'll find it in fish, meat, kombucha, beef liver, and clams. You can also take a B12 supplement in sublingual forms (dissolves under the tongue).

*#protip: Set a calendar reminder to take a B12 supplement a few times a week so you get max power from this energy booster!*

**44. Look at energy suckers.** When you constantly feel drained, it's a good time to check-in with yourself. Where are you spending your emotional, physical, spiritual, and mental energy? Whether it's a toxic relationship or a demanding job, think about how you can change or exit the situation to revitalize yourself.

**45. Have a snack.** Get a little nutty and crunch on some walnuts. Walnuts are known to lower blood pressure in stressful situations. Plus, regularly eating walnuts can lower your cholesterol. Crunch on!

**46. Take a noise break.** The world is a loud place. With all of the technology, TVs, radios, chatter, cars...it's a lot for the brain to process. Some people can't work in silence. Others need it. Take a break from it — buy noise-reduction headphones or earplugs to get some peace and quiet to recenter your mind.

**47. Change your perception.** Take a look at negative mental thoughts and emotional energy patterns. If you often say, "Bad things always happen to me", you're going to be more mentally focused on when bad situations happen. Try reprogramming your brain. For every negative thought, create a positive one. Develop a mental picture of the positive mental state you want to be in.

**48. Set aside "me" time.** You can't do it all and do it well all the time. As the saying goes, filling your own cup first means you can fill the cups of others. It isn't selfish to spend time alone to recharge. Take 30 minutes a day to do what you love to refresh your spirit.



# FEELING DRAINED? (CONT.)

49. Journal. When you're carrying a lot of emotional baggage around, it's tough to do your best work or feel your best. Journaling allows you to literally push your thoughts out of your mind and onto paper. It helps you see negative thought patterns, bad decision-making, but also the progress you're making in life.

*#protip: Buy a nice notebook to encourage journaling. Write down whatever comes to mind without judgment. Try it daily or a few times a week and see how your mental clarity improves.*

51. Listen to your gut. This means your literal gut and your intuitive gut. If you're constantly feeling stressed, overworked, or overwhelmed, you'll feel knots in your stomach. Treat periods of extreme exhaustion with delicacy. Give yourself time to regroup, and listen when your intuition tells you that you're heading the wrong way.

52. Review your day. Look at all you've accomplished. Even if it's a single line item, be proud of yourself. And, if you feel there's room for improvement, reflect on how you can do it better — and save it for another day, especially when your energy is spent.







We know this is a HUGE list.

**But here's the good news:** You can use these mini boosts whenever you see fit. At one point or another, your energy will be less than perfect. And in those moments you'll want a fast fix.

That's why we put together this document.

**However, we would be remiss if we didn't add this:** If you are constantly fatigued and drained, it may be a sign to see your doc. This is true especially if your fatigue lasts longer than two weeks despite attempts to reduce stress, rest, and drink plenty of fluids.

So there you have it — an energy booster to try out every week of the year!

Try one or try them all; it's up to you. When you find your energy dipping below your preferred threshold, you'll have these in your energy-boosting arsenal to rev it back up!

*If you are ready to see your employees thrive mentally and physically, check out our comprehensive wellness program, [Beata](#). Reach out to learn more about improving the health and performance of your team.*