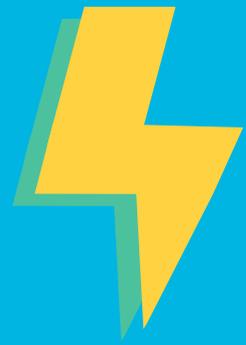


# 7 Energy Drains to Avoid in the Workplace



*Always feeling exhausted at work? It could very well be due to your workplace habits. Check out these common energy drains and learn how to fix them today!*



## 1. Inactivity

Sitting too long can make you feel tired due to the fact that your body is inactive. Kind of like a screensaver mode, if you stay still too long, your body is going to want to go on autopilot and relax. Get up often to stretch, walk, or even grab a glass of water.



## 2. Junk Food

Sugary food (and drinks) will always come with a crash. If you're looking to feel energized, opt for whole foods with protein — like a handful of almonds — and a smoothie with natural energizers to get you perked back up.



## 3. Ongoing Work

Bringing your work home will ensure you get it done (maybe) but where's the work-life balance in that? If you bring work home nightly, you'll never feel like you've gotten a break. That can leave you feeling tired and drained day after day. When you shut down for the day, really shut down.



## 4. Gossip

Have you ever felt good after a gossip session? Probably not. Gossip in the workplace can lead to a quick energy drain, especially if it happens often. Workplace gossip doesn't positively contribute to the environment and can also cause rifts and unnecessary concerns about the work environment. Opt out of office gossip sessions by stepping away or staying silent.



## 5. Multitasking

Multitasking may seem like it helps you get everything on your to-do list done. But, multitasking reduces quality and sucks your energy up fast — even more so if you're doing it all day long.



## 6. Chronic Complaining

Complaining is like gossip in that it's easy to do. But, that ongoing negative noise has an impact on your mental health and also your general energy. Take complaints to leadership — never a peer — and bring a solution, too, or prepare yourself to ask for help.



## 7. Incomplete Tasks

Avoid leaving tasks unfinished. When you leave projects unfinished, it can leave you feeling anxious. When possible, do your best to fully complete a task before moving on to the next one. Doing so will help you feel accomplished when you leave for the day and can help you avoid bringing work home!