

# Manage your energy for a more fulfilling life



How do you feel when you wake up in the morning? If you frequently feel tired and unready for the day, you might want to discover ways to better manage your energy. Energy management aims to concentrate on activities that boost your energy, making you feel positive, motivated, and prepared, while steering clear of things that drain your energy and dampen your enthusiasm.



**Eat small, frequent meals to keep your metabolism and energy levels up.**

At each meal, make  $\frac{1}{2}$  your plate fruits and veggies,  $\frac{1}{4}$  protein and  $\frac{1}{4}$  carbohydrates. Snack on healthy items.



**Maintain social connections and make time to laugh and play.**

Spending time with family, friends, coworkers and pets can improve your mood and boost your energy.



**Exercise and stay active.**

Strive for at least 150 minutes of moderate activity each week and make sure you have a well-rounded routine. Perform exercises that you enjoy for an added boost.



**Establish boundaries between work and life.**

Leave work at work and home at home for a more satisfying day and to prevent becoming burnt out.



**Use your stress to strengthen you.**

Think of stress as fuel to power you through whatever it is you're dealing with. Approaching stress this way can improve drive and motivation.

**Don't forget the most obvious energy booster: Sleep!** Aim for 7-9 hours each night of quality sleep. Consistency with sleep is key: Try to go to bed the same time each night and wake up at the same time each morning. As you're probably well aware, when you lack sleep, you lack the energy needed to help you function.



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