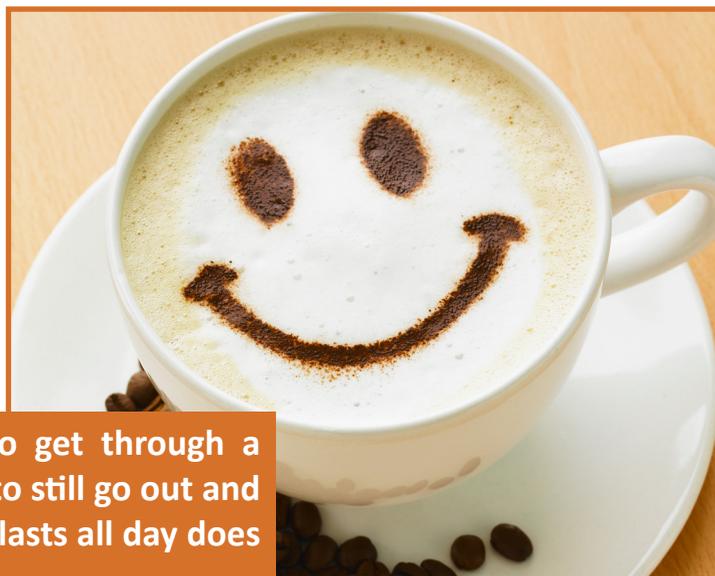


Up your energy



It is sometimes hard enough just to get through a workday, nevermind find the energy to still go out and exercise afterwards. But, energy that lasts all day does not have to be an impossible dream.

Most people experience a slump in their energy levels at some time during the day. Fatigue is the body's way to slow you down so that you cannot drive it to sheer exhaustion. People who work in spite of their tiredness may suffer the consequences, such as being more susceptible to illness. For this reason, it is important to identify when your energy levels tend to dip and when they soar. But, no matter at what hour you get stuck in 'low gear', here are some quick and easy ways to get you fired up again.

Early morning

The best way to wake yourself up is to stimulate your senses. Make a cup of tea, listen to lively music, sing in the shower, and use a body wash with an invigorating scent.

Afternoons

Don't spend lunch hour at your desk. Sitting in the same position for a long time drains your energy. Take a short walk, get out into the fresh air, talk to other people, and if you have to, take a short nap of no more than 20 minutes.

Evenings

You may feel tired but still have chores to do. A cup of coffee may be tempting, but resist the urge. Having caffeine even three to four hours before bed can keep you awake. A better idea is to run around the house for a quick energy surge.

Simple ways to boost your energy levels

Other than eating well, engaging in exercise, and getting enough sleep, there are many other things you can do to boost your energy levels. Next time you are lagging in energy, try some of these tips.

- 1. Music:** Listen to some lively, bouncy music that will make you feel more upbeat.
- 2. Get back to nature:** Spend some time outside just watching the trees, the birds, or even the clouds.
- 3. Smell:** Burning essential oils such as lemon, grapefruit, jasmine, peppermint, or orange can make you feel rejuvenated and uplifted.
- 4. Colour:** Add a splash of colour to your wardrobe and choose bright accessories to add vibrancy to your mood.
- 5. Relax:** Make the effort to relax before you go to bed to ensure you get a good night's rest. Simple things like reading a book, listening to calming music, and taking a bath can all help you get into the mood for sleep.
- 6. Surround yourself with positive people:** Make a note of the people who make you feel good and spend some time with them instead of those who are negative.

By following this advice, it really isn't difficult to put an extra spring in your step, regardless of the season!

