

# Do you need an energy tune-up?

April 2016 Newsletter



Many people say they wake up feeling exhausted even after a full night's sleep. Does that mean they need more sleep? Maybe not...

## Tired? It may not be sleep you're lacking

Today's lifestyles are very demanding. It takes a lot of effort to work, parent, run a household, manage your finances and, perhaps, care for family members too. Add in time for important relationships — and for yourself — and it can get pretty draining.

Many people say they feel physically worn out much of the time. They're mentally and emotionally tired too. It may not be that they need more sleep but more energy.

## Ready, set, energize!

Imagine waking up feeling refreshed, renewed and ready to go. It's not a dream — it's possible. Here are three ideas that may help.

**1. Be good to yourself.** Do you feel badly about what you can't get done or worry about letting people down? Working parents often struggle with guilt because of the time and attention they think they should be giving their children. Similarly, adult children may feel guilty about not doing more for their older parents.

Guilt is non-productive and uses up a lot of energy. Instead of getting stuck on what you can't get done, focus on what you are accomplishing and who you are pleasing (including you!) Give yourself credit for the everyday successes in your life.

And, although you've heard it before: Don't forget the importance of good nutrition and fitness.

**2. Focus on what's really important to you.** What matters most to you on a basic human level? Do you love animals, care deeply about education or the needs of less fortunate people?

Use some of your time to volunteer for organizations that address concerns like these. It can make you feel fulfilled and energized. For example:

- Donate some time at a local animal shelter
- Tutor students for an hour a week
- Help cook or serve a meal at a local soup kitchen

**3. Make time for fun.** Do you know that many of us are fun-deprived? We have so much on our minds — and “plates” — that it's easy to lose sight of how important fun is for feeling upbeat and alive.

Make fun a priority. Plan time for exercising, socializing, going to a movie or doing anything else you enjoy. Spend more time with people who make you laugh. Think of small ways to inject fun into your everyday routine.

## Build your energy awareness

Add meaning, happy times — and a healthy dose of self-appreciation — to each day. Don't forget exercise and good eating. Tune up your energy awareness and become your own best friend and energy coach.