

Do you need an energy tune-up?

April 2013 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 hard. Working, caring for family members, parenting and making time for friends and yourself are all 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. This can actually fulfill and energize you. For example:

- Donate some time at a local animal shelter.
- Tutor 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 adults are fun-deprived? We have so much on our minds — and plates — that it's easy to lose sight of how important fun is to feeling upbeat and alive.

You can have fun just thinking about or visualizing something that makes you laugh. Think of small ways to inject some fun into your days and you'll enjoy more energy.