

# Wellness Culture

## January Wellness Component: **ENERGY**

Webster's dictionary defines energy as 1) a dynamic quality, 2) the capacity of being active or 3) a usually positive spiritual force. Whether or not energy describes how you feel, the mood of an event or a spiritual source of well-being or vitality- there is no denying it can shape you and your environment in a variety of ways.

### Common Energy Sappers

- Lack of sleep
- Lack of exercise & improper diet
- Emotional or psychological stress
- Over-commitment with your time or personal investment
- Clutter and disorganization
- Procrastination
- Too many distractions
- Unhealthy or poor relationships
- Work that is not satisfying

### Tips to Boost your Energy

- **Exercise, Meditation or Chi Cultivating** – A quick ten minute walk will boost your energy or try an ancient philosophy of postures and breathing techniques such as Tai Chi, Chi Kung, Yoga or Meditation
- **Listen to lively music** - A fast beat or rhythm is contagious
- **Eat a good breakfast** - Snack on healthy foods and drink water throughout the day
- **Work on your posture** – Proper posture promotes increased oxygen uptake which helps blood flow to your brain and extremities. \*It also makes you look thinner!
- **Get enough sleep** - If it's tough to get up in the morning you need more sleep- it matters!
- **Take a nap** - A 10-20 minute nap can make a huge difference in your energy level
- **Start moving** - Research shows that people who move more have faster metabolisms
- **Surround yourself with positive people** - Reach out if you need a boost
- **Finish a task** - Crossing a nagging chore off your to-do list provides a big rush of energy
- **Downsize your commitments** – Stress can lead to a huge energy drain
- **Volunteer or do something you are passionate about**

### Action Steps

1. Identify your energy "sappers" and try to match them up with an energy "boosters" to better balance your life
2. Prioritize 1-3 energy "boosters" that you can incorporate into your daily routine each week
3. Write down 1 energy "sapper" you want to eliminate in a positive, present tense format (i.e. I am organized) and read this out loud 3 times every morning

### Resources:

<http://www.happiness-project.com>

<http://www.lifescrpt.com> - Dr. Mao's Secrets of Longevity

<http://www.webmd.com/balance/features/afternoon-energy-boosters>



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