



GuidanceResources®

Tips for Boosting Energy

Feeling a little sluggish? Try these simple tips for increasing your energy:



Stay hydrated:

Even slight dehydration can leave a person feeling tired and lethargic. Keep a tall glass of water or a water bottle with you throughout the day.



Get moving:

A brief bout of exercise (as little as 10 minutes) can improve energy levels and mood. Physical activity, even walking, is a great energy booster. Walking can be done anywhere and only requires a good pair of shoes.



Get a good night's sleep:

Getting seven to nine hours of sleep per night is optimal. Aim to go to bed and get up at the same time every day, even on the weekends.



Choose healthy snacks:

It is important to snack throughout the day. However, make smart snack choices. Have a couple of snacks that combine protein, fiber and a little fat, such as an apple and string cheese or yogurt and nuts. This helps to sustain energy levels. The carbohydrates provide an energy boost, protein keeps energy up and the fat makes energy last.



Reduce stress:

Stress has a major impact on energy levels and can leave you feeling mentally and physically exhausted. Try to take 20 minutes for yourself every day just to relax.



Maintaining your energy levels from one day to the next can be hard. If you're feeling sluggish, contact your Employee Assistance Program. We have the guidance, tools and resources to help you recharge.

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