

# Ten Ways to Energize Your Life

## Overview

- Sleep disorder symptoms
- Common sleep disorders
- Diagnosing sleep disorders

Many people feel stressed out due to factors such as not having enough time in the day to complete tasks, lack of energy due to poor nutrition, worrying over situations out of your control etc. Perhaps you can relate to these situations or have some of your own. Whatever the reason, it's possible to energize your life and release much of your stress with some simple lifestyle changes. Try these strategies at work, home, or at school to rejuvenate your life!

1. **Manage stress.** Increasing stress can affect your wellbeing and drain your energy. When stress is managed well, the mind and body are both able to function in a more healthy way. One technique is to concentrate on your breathing, inhaling with slow, deep breaths through your nose, and slowly exhaling through your mouth. Imagine calmness entering your body with every inhalation and tension leaving your body with every exhalation from your abdomen.
2. **Preserve balance in your life.** Sometimes we forget that managing work, family, and social activities takes a toll on our wellbeing. When we don't make time for our hobbies and/or passions, we neglect ourselves and this can lead to burn out. It's important to set aside time to do the things that bring joy and energy into your life. Having a balanced life can help create inner peace and bring happiness and energy into your life.
3. **Manage your time.** Poor time management can cause irritability, exhaustion and a lack of concentration. Following a regular schedule helps you stay mentally alert and more balanced. Try focussing on the task at hand, setting deadlines and using a calendar.
4. **Exercise at least three or four times a week.** You don't have to go to the gym to have a good workout. Just put on your walking shoes and go for a walk around the block. Maintaining a steady level of fitness can help you maintain a healthy weight create muscle and develop more energy. Regular exercise has also been shown to lower blood pressure and cholesterol level. But exercise is not only beneficial to you physically, it helps reduce stress, calm the mind, and improve your sense of wellbeing.
5. **Eat meals rich in nutrients, fibre and antioxidants.** Organic fruits and leafy vegetables (especially the richly coloured ones) and some whole grains have several health-promoting antioxidants. Antioxidants protect cells against diseases such as cancer. A high-fibre diet creates a feeling of fullness, stabilizes blood sugar and maintains energy levels. .

6. **Drink water throughout the day.** Mild dehydration can lead to lack of concentration, alertness, and short-term memory. Fluid restriction may lead to fatigue, headaches, and coordination. Proper hydration promotes mental alertness and helps to regulate the body. Research has shown that drinking eight glasses of water a day keeps the body well hydrated.
7. **Minimize clutter.** Some experts believe that mess causes stress. Clutter creates visual over-stimulation and a constant reminder of just how much work you have to do. Living in a cluttered home can create constant low-grade stress that can subtly but steadily drain your energy. You can reduce clutter by donating old clothes and other possessions to charitable organizations such as Goodwill and the Salvation Army. Follow the rule that if you haven't used something in one year, ditch it or donate it.
8. **Develop positive relationships.** Studies show that people who have close relationships with friends and family are least likely to suffer from chronic stress and experience a quicker recovery when sick. Having meaningful relationships means you can seek support and laughter when you need it. A simple joke can energize!
9. **Make time for rest and relaxation.** Don't let the pressure of getting everything done in one day or other people's expectations drain your energy. Research studies show that eight hours of sleep is needed for to maintain physical energy and mental acuity. Make time to relax and renew. Take a vacation and energize your soul.
10. **Nurture your spirit.** Research has shown that prayer and meditation are important in cultivating the mind and body -- especially during times of distress. Prayer can be helpful in connecting with your inner self or in helping others. Meditation not only calms the mind but helps to develop a sense of stillness. When we take the time to look within, we gain a sense of awareness on our life's purpose and how to make the world a better place in which to live and work.

Be proactive in maintaining a healthy mind, body, and spirit. Follow these tips to reduce stress, create more energy and live the life you've always wanted.

Written by Darlyne Luchico, B.A., S.S.W.