



Developing High Performance People

## "7 Things You Can Do Today to Double Your Energy"

Admit it, there are times when you wish you could just feel more energetic and get more done. Don't you just hate it when you feel like hiding under your bed sheets, and yet more and more things come up that you have to deal with?

Though mastering the energy game is a complex topic, I'd like to give you 7 things you can do anytime you need an extra boost.

### **1. Meditate**

In the 1950's few people regularly exercised. Today most people accept the idea that physical exercise is good for your health. It is the same with mental exercise. Meditation is mental exercise. As a daily habit it cultures a quiet mind and settled body, and allows you to focus thought and control emotions.

**Book in today to learn the simple mental technique that reduces stress and increases energy, creativity and happiness, in just 20 minutes.**

### **2. Breathe**

Breathing is one of the best ways not only to calm yourself but also to energize your body. Breathing exercises engage the parasympathetic nervous system – this slows things down, relieves anxiety and helps with focus. Breathing – as in yoga - helps restrain neurons that control the fight and flight response thus calming the body and brain.

### **3. Yoga**

One of the best ways to feel more energetic is to do yoga which combines stretching, movement and breathing. It works like a charm every time, but you probably think you have to spend an hour doing it.

Not so! Just 15 minutes of yoga stretches, for example, practicing a few repetitions of "Salute To the Sun" gives tremendous benefits. Salute To the Sun – known as 'surya

namaskar' is a continuous series of 8 related yoga postures. It is designed to integrate the mind, body and breath. It compresses, stretches, arches and strengthens all the major muscle groups, including the digestive and respiratory systems. It helps develop balance, strength, focus, flexibility and concentration. To find out more ...[www.ehow.com](http://www.ehow.com) ' ... ' Fitness ' Yoga

**4. The Five Tibetans or T5T** - spend ten minutes practicing the five Tibetans, which is a simple series of exercises – an ancient rejuvenation technique practiced by monks to slow ageing, increase energy, calm the mind and strengthen the body. To find out more..... [www.t5t.com](http://www.t5t.com)

## **5. Wait for True Hunger ... Or Eat!**

Depending on how you feel, you can either eat to gain more energy, or wait.

Why the two diverse options? The reason is that tiredness can either be caused by your body trying to "detox" the previous meal, or simply due to the fact that you haven't eaten enough.

If you're in "detox," you might feel a little depressed or irritable. Your stomach might make all sorts of noises.

In that case, I find that when I fast a few hours until I feel "truly hungry" - I will gradually feel more energetic as my body is restored to homeostasis.

But if you have eaten well lately, then try the following drink for quick energy. The water, the electrolytes (like sodium in the celery) and the natural sugar will help recharge your batteries.

- 1-3 bananas
- 1 cup of blueberries (fresh or frozen)
- 2-3 stalks of celery
- 1 to 2 cups of water

Blend and enjoy!

## **6. Drink**

One of the main reasons people feel tired is that they are dehydrated. It happens very often in hot weather. You can easily forget to drink. If you feel tired for no apparent reason, it's warm outside and you haven't been to the bathroom in the last 2 hours, then you should drink a liter of water and watch what happens.

If you were dehydrated, you will immediately feel more energetic.

## **7. Dump Your Brain**

Often you may feel overwhelmed by everything on your schedule, especially if you don't know exactly where to start to get things done. This is a major energy-drainer.

Trying to keep things in our brain becomes extremely draining when there are more things than we can keep in mind at one time.

Here's one quick solution: Take out a bunch of sticky notes. Write down as many things as you know you have to do. Write one item per sticky note.

Literally dump out your brain. Then organize the stickies by category, and identify your top 3 priorities.

For each of those 3 priorities, identify the very next action you have to take to get it done. Then schedule a time to do this.

When you do this, you will immediately feel yourself coming back to life, and your energy will instantly double.

## **7. Clean Up Your Space**

Untidy or messy surroundings are a major drain of energy. Especially when getting through the mess seems overwhelming.

My suggesting is to spend 15 minutes to clean up, and see what happens.

What I recommend is actually timing yourself. I personally use a countdown timer. I set it to 15 minutes and then get as much done as possible in those 15 minutes, like a race!

Try this and you'll find that so much can be done to clean up your environment in just 15 minutes. You'll feel your mood instantly change and your energy double.

## **8. Find a Program That Works**

The best thing you can do to keep your energy up is to pay attention to the factors that influence your health.

Those factors include: eating a good diet based on fruits and vegetables, getting sufficient nutrients, training your body in the 5 areas of fitness, mastering your sleep, and more (there are more than 21 in total).

Your health program should focus on mastering these different factors of health - not just diet - and show you how to become a high-energy person!

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