

# Tried and Tested Energy Boosters



When energy levels are low, exercise. It might sound counterproductive, but regular exercise reduces fatigue and increases energy

Deficiencies can cause a drop in energy: ask your Dr for a blood test to determine your levels



Drink lots of water to keep your energy levels high. Dehydration will leave you feeling incredibly sluggish

Resist the temptation to order takeout when your energy levels are low; you need nutritious food now more than ever



Break down tasks (work and life admin) into small chunks; tackling them one bit at a time is easier when energy levels are low

Get plenty of rest. Set yourself a bedtime (no, really) and stick to it until you're feeling back on top



Don't sweat it if you can't sleep; rest is just as important, so enjoy the peace of the night

Eat your breakfast. Skipping breakfast can leave you fatigued, so fuel up from the get-go



Control stress levels with yoga, meditation and mindfulness. Stress is a huge energy drain

Sometimes all you need is a lungful of fresh air and 30 minutes with your own thoughts. A brisk walk around the block can work wonders

