



10
MICRO STRATEGIES
TO **BOOST**
YOUR ENERGY
& **RESILIENCE**

It occasionally happens
to all of us:
***the dreaded
energy slump.***

Your get-up-and-go got up and left
you dealing with a dip in energy,
lack of productivity and internal
battle to stay off the couch.

Instead of reaching for that candy
bar or cup of coffee, here are
**10 QUICK
& EASY WAYS**

you can increase your energy and
resilience by changing your
chemistry and physiology.

1. EAT ABOUT EVERY 3-4 HOURS

Food is fuel for your brain and body!

Only supplying yourself with energy 1-2 times per day or going long periods without eating can leave you feeling tired. Give yourself a more consistent stream of energy by alternating between reasonably-sized meals and small snacks throughout the day.



2. QUALITY MATTERS

Honestly, which feels better: meditating for 10 minutes or 3 hours of binge-watching your favorite show?

Not all energy recovery is the same. High-quality energy recovery is more active, intentional and restorative. It resupplies you with large amounts of energy in small amounts of time.



3. CONNECT TO YOUR BELIEFS

The energy connected to your sense of purpose and beliefs is one of the most powerful sources of energy you have access to.

Spend a few minutes thinking - or writing - about your top beliefs in life. What do you KNOW to be true? What do you value? What are your guiding principles? Who or what really matters to you?



4. MOVE A LITTLE & OFTEN



Sitting is energy recovery...at first. But over time it decreases your energy. Your blood flow slows, so less energy oxygen & glucose from your bloodstream is getting to your brain and body.

Get up and move for a few minutes at least once every hour, if not more.

5. EAT LOW GLYCEMIC

Low glycemic foods and snacks are digested and released into the bloodstream more slowly, providing a more consistent and long-lasting source of energy.

The more fat, fiber and protein a food has, the lower its glycemic index will be.



6. PRIORITIZE YOUR SLEEP



Sleep is your #1 tool for energy recovery!

- Stop ingesting caffeine between 12:00 - 2:00 pm (or earlier if you're sensitive).
- Set an alarm to begin winding down and getting ready for bed.
- Start dimming lights, disconnecting from electronics, do your hygiene routine, and engage in something relaxing.

7. EXERCISE

Exercise produces hormones that make you feel more energized, boosts oxygen circulation, and creates more mitochondria (powerhouse energy generators) inside your muscles.

Even a few minutes of exercise will increase your energy levels.



8. GRATITUDE

A gratitude practice overrides your brain's hardwiring to pay more attention to the negative. A focus on the positive infuses you with dopamine - an energizing, feel good neurotransmitter.

Think of 3 things you're grateful for or set a timer for 60-seconds and make as long of a list as you can.



9. WONDER WALKS

It can be easy to get caught up in our own heads and our own problems. Go outside and go for a short walk while trying to notice as much about nature as you can. What is growing? What do you smell? What is the quality of the light? What creatures do you see?

A whole world of life is happening right outside our front door. How amazing is that?!

10. BREATHE

The "Bellow's Breath" is a great way to increase oxygen, energy and alertness.

Sit up tall, and relax your shoulders. Keep your mouth closed and inhale rapidly through your nose with quick, short breaths (exhale quickly as well). Try doing this for about 10 seconds. Take a 15-30 second break and breathe normally. Repeat several times.

FROM OVER IT

SPEAKER



TO ON IT

AUTHOR



Hi! I'm Jenny Evans.

Morning coffee excites me, I love the endorphin rush of a good workout, and my sense of humor runs towards that of a 12-year old boy. My aversion to boredom or not being able to live life on my own terms have given me the confidence and motivation to have run my own business since I was a junior in college (which was quiiiiite a while ago).

But here's what you *really* need to know about me: I am highly driven by purpose, and nothing gives me more joy and fulfillment than helping people live and work in a way that feels inspiring, true and GOOD.

- I'm a speaker, author and executive coach who helps people go from feeling overworked, overwhelmed and overstressed to on fire, on purpose, and on their game.
- I help leaders, managers and employees improve their resiliency, performance and health.
- I help individuals create more clarity, direction and accountability in order to live with confidence, courage and happiness.
- I deliver keynotes, half and full day programs, virtual events, one-on-one coaching, and license my content.

If you or your organization are interested in any of these services, I'd love to talk...jevans@jennyevans.com