

THE 7 KEYS TO RE-ENERGISE



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LIVE WITH PURPOSE

Knowing the bigger picture of why you do what you do can energise you deeply. Finding passion in what you do and knowing your 'why' is the key.



DO WHAT LIGHTS YOU UP

Tapping into what brings you joy, in and outside work, raises your energy – even when you feel depleted.

THINK POSITIVE SELF-THOUGHTS AND PRACTISE GRATITUDE

What we tell ourselves creates how we feel and then what we do or don't act. Where our thoughts go, our energy flows.



EXERCISE AND SLEEP WELL

Regular physical activity can help you better deal with stress. Jealously plan and protect the time to do a form of exercise that works for you. A good night's sleep restores wellbeing and helps protect your health.

FUEL UP WITH FOOD

What we put into our body directly impacts our health and energy. The best energising foods are rich in complex carbohydrates, protein, antioxidants, fibre, vitamins and minerals, plus small amounts of healthy fats.



GET OUTSIDE AND GET GROUNDED

Getting out in nature for a beach walk, bike ride, swim, or gardening – or even eating lunch outside – can do wonders for your energy reserves. Grounding, also known as earthing, has been proven to help reduce stress and even pain.

PRACTISE MINDFULNESS

For some, mindfulness may occur through breath and meditation; for others, it may be through writing or cooking a meal for loved ones. Mindfulness re-energises us; I liken it to that feeling after daydreaming.

