



# Be Well Aware – Health Article



## Keep Your Energy Levels in Check

### What Drives Your Energy Levels

In order to find balance in your energy levels, you must first understand what contributes to rising and falling energy levels. Contributing factors can include; diet, sleep, stress, exercise, and other varying life circumstances. Read on to see how each of these factors can affect your energy in more detail.

### Diet

It is important to not only take into consideration how much you're eating, but also what you are eating. Multiple studies have found that by eating breakfast, you have better energy levels throughout the day. To increase your mental focus and physical energy you need to make sure your body has the proper fuel. Make sure at each meal you are eating protein, carbs, and fats. Having all of these included will help maintain proper energy levels. For sustained energy, consider complex carbs such as whole grains, as well as lean cuts of meat, and plenty of fruits and veggies. The timing of your eating also plays a part. Be sure to eat something at least an hour before a workout to sustain your energy.

### Sleep

It is recommended to get between 7-9 hours of sleep each night. On top of that, our circadian rhythm can also affect our energy levels. Circadian rhythm is regulated from the hypothalamus and is defined as your internal clock that regulates when you sleep and awake. Certain things can alter our circadian rhythm such as caffeine or sleep schedule. Monitor and limit your caffeine intake to under 400 mg a day. Going to sleep and waking up on a similar schedule each day can help maintain a consistent circadian rhythm and keep your energy levels high throughout the day.



## Exercise

Exercise can either boost or drain your energy levels, so it is important to find a healthy balance. Exercising on a regular schedule can release endorphins and gets blood moving through the body, which is a natural energy stimulant. Be cautious however, of overtraining. If you do a hard workout one day, be sure to supplement with a day of recovery such as yoga or some mobility work. Not only will this keep your energy levels in check, but it will also improve performance and prep you for your next workout.

## Mental Health

Your mental health has a significant impact on energy levels. When we experience things such as stress or anxiety, we raise both adrenaline and cortisol levels in the body. While these can be useful in life or death situations, chronically raised levels can prevent our body from being able to slow down and can limit both our physical and mental energy. On the other side, things like depression can make us feel exhausted and prevent us from completing our daily activities. If your energy and daily life is being affected by your mental health, be sure to discuss with your doctor so they can recommend the best treatment plan.



**YOUR BODY  
DESERVES  
THE BEST**

## References:

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