

# ENERGY GIVERS



## REGULAR EXERCISE

Regular exercise allows the release of hormones that make you feel better. Try adding a 30 minute walk before work to your daily routine.



## QUALITY SLEEP

Getting at least 7 hours of quality sleep on a regular basis can make you feel recharged and ready to take on each day.



## MANAGE STRESS

Implement one or more of these stress management strategies to avoid fatigue:

- Deep breathing exercises
- Listen to calm music
- Talk and connect with others



## SET AND PURSUE GOALS

Smart goals provide your life with purpose and direction. Surround yourself with positive people who will encourage you towards reaching your goals.



# ENERGY TAKERS



## DEHYDRATION

Dehydration occurs when the body loses more fluid than it takes in affecting the body's ability to function the way it should. Water is the best way to stay hydrated.



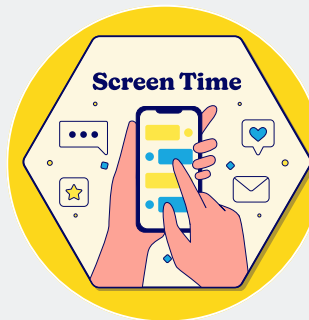
## WRONG FOODS

"Junk" food are foods that lack nutrients, vitamins and minerals and are high in salts, sugars or fats.



## TOO MUCH SCREEN TIME

High visual and cognitive input depletes mental energy, overloads the sensory system and shortens attention span.



## LACK OF BREAKS

Your best work is not achieved when you work non-stop. It's important to prioritize taking care of yourself in your daily work routine.

