

FEELING DRAINED?

Here's How to Recharge
Your Energy Levels!



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A cozy bedroom with a bed, string lights, and a window. The room has a warm, inviting atmosphere with soft lighting from string lights and a bedside lamp. The bed is covered with a thick, textured blanket. A window with sheer curtains is visible in the background, showing a glimpse of the outdoors.

PRIORITIZE QUALITY SLEEP

Good sleep isn't a luxury, it's essential.
Aim for 7-9 hours of restful sleep and
establish a calming bedtime routine.



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MOVE YOUR BODY

Exercise releases endorphins that boost energy. Even a 10-minute walk can increase vitality.



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FUEL UP WITH NUTRIENT-RICH FOODS

Eat energy-boosting snacks like nuts, fruits, and whole grains. Avoid sugar spikes from processed foods, and focus on Complete in 3.



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HYDRATE, HYDRATE, HYDRATE!

Fatigue can be a sign of dehydration. Keep a water bottle handy and sip throughout the day.





MANAGE STRESS MINDFULLY

Stress drains energy. Practice mindfulness, deep breathing, or take short breaks to reset.




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CREATE ENERGIZING ROUTINES

Start your day with energizing habits like stretching, gratitude journaling, or a quick workout.



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YOUR ENERGY IS YOUR
SUPERPOWER. TAKE CHARGE
OF IT TODAY! WHICH TIP
WILL YOU TRY FIRST?



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