

YOUR QUICK GUIDE ON HOW TO SUSTAIN ENERGY!



Clean up your sleep hygiene

Go to bed and wake up at the same time every day. Create a relaxing bedtime routine free from device use. Aim to sleep between 7-9 hours per night.



Nourish your body

Eat a colourful, fresh, and varied wholefood diet. Ditch/reduce processed foods, sugar, caffeine & alcohol. Eat sitting down at the same time each day. Ensure each meal contains protein, healthy fats and carbohydrates.



Movement/Exercise

Physical activity boosts our feel good hormones, releases energy to the body and supports the body's functions. Do what feels good & get the balance of movement/exercise right for you.



Rest

We need rest. Our bodies need to repair and our minds need to process and reset. Ensure you are getting enough rest in which ever way feels good for you! Take a bath, lie in the sunshine, sit and enjoy a cuppa - whatever works for you!



Be Sociable

Yes our energy comes from our food & drink, but how we digest and process this is also highly linked to our mental state. Connecting with others can provide feelings of safety, love and joy, promoting those feel good hormones to help us function better.



Tune in

Take time to listen to your body. What is it really telling you? When you really listen and make smart choices your energy levels will be restored. Make a list on what brings you energy and what drains it, then you'll know what you need to do more or less of.