

10 Ways to Boost Your Energy

Do you wish you had more energy? Do you often feel drained, even after a good night's sleep? If so, you may be suffering from emotional fatigue.

Did you know, energy experts such as endocrinologists, nutritionists and specialists in sports medicine say that physical energy sources only supply us with 30% of our total energy needs? So, even if you were in perfect physical health, had the perfect diet and did the perfect amount of exercise, all that would only give you 30% of the energy you need.

The remaining 70% we need comes from emotional energy. Emotional energy is what gives us an energetic mind, heart and soul. Imagine all that in an energetic body.

If you could use a boost in emotional energy, try one or more of these strategies to beat emotional fatigue and top up your energy:

1. **Don't underestimate the benefits of sleep:** Nothing has more healing properties than sleep. Even if you think you've been getting enough, get some more.
2. **Stop buying into someone else's expectations for you:** Life is too short to be spending it living up to someone else's expectations of us. Make living up to your own expectations of yourself, your top priority and be realistic about them. You can do a quick reality check by asking yourself, 'Would I expect the same from someone else?'
3. **Clean up any unfinished business:** Deal with it one way or another. Finish it or forget about it. Make a decision. Having things hanging in the air, over our heads and lots of loose ends is a big energy drain.
4. **Don't get stuck with your losses:** Bad things have happened to all of us, so don't let your losses define you. Every ounce of emotional energy we tie up with loss and the past prevents us from experiencing what's possible in the present.
5. **Find someone to confess your darkest secrets to:** Are you feeling guilty? Do you think you have done something terrible? Then find someone you trust to confess to. They don't need to be a religious figure, although that may help. Confession is not only good for the soul, but also frees up the energy that you are spending covering up and feeling bad.
6. **Loosen your ties with anyone that drains you:** Do whatever it takes to limit your exposure to people that drain you and increase the amount of time you spend with people who lift your spirits.
7. **Don't take yourself so seriously:** The more we think that what we do matters immensely, the more we tend to choke, panic and suffer.
8. **Remember, worrying is optional:** And, it's always a bad option. Do you worry a lot? We so often waste time and energy worrying about things that will never happen. So, stop worrying.
9. **Enjoy yourself:** Think of three things you love to do that make you happy and do them. Start with just having more fun doing whatever you are doing today.
10. **Splurge on yourself with something that you find beautiful or uplifting:** Better still, allow or ask someone who cares about you to splurge on you. Flowers are a great reminder of the wonderful things in life as well as of new beginnings

For more free tips on staying focused, overcoming procrastination and reaching your goals, or to find out more about one-to-one business, executive or life coaching and arrange a no-obligation session with Tania, visit the Blue Sky Coaching website at www.blueskycoaching.com.au. Tania can be contacted, Monday to Friday between 8am and 8pm (Adelaide CST).