

**Information and tips from your EAP to help you live healthier and happier**

### **5 Tips To Increase Your Energy and Mood**

All of us could use more energy. The tips below can help you improve your personal energy and mood to help you get the most out of each day. Choose the tips that appeal most to you to get started. When you feel your new habit is firmly established, look to make other positive lifestyle changes to further enhance your vitality and mood.

**Tip #1 – Take a brisk walk.** A survey of more than 300 Californians ranked exercise as the best way to lift a bad mood. According to renowned mood expert Robert Thayer, Ph.D., a bad mood has two major components, feelings of tension and low energy. Exercise can boost your mood by relieving tension, raising energy and increasing optimism. If you're dragging or in a bad mood, take a brisk walk. In experiments conducted by Thayer, a brisk 10-minute walk not only increased energy and mood, but the positive effects lasted for up to two hours. And when daily 10-minute walks continued for three weeks, overall energy levels and mood were lifted.



**Tip #2 – Don't skip breakfast...or any other meal.** Start your day with a nutritious breakfast. Studies show that people who eat breakfast report being in a better mood and have more energy throughout the day. Other benefits include improved metabolism and better concentration and performance. Additionally, studies published in the journal *Nutritional Health* found that missing any meal during the day led to an overall greater feeling of fatigue by day's end.

**Tip #3 – Identify the biggest source of stress in your life and face it head on.** Too much stress drains your energy, undermines your mood and negatively impacts your health. If you're suffering from overwhelming or chronic stress ask yourself: What is the biggest problem or conflict that is troubling me and how can I deal with it more effectively? Face the issue head on by devising ways to change or manage the aspects of the issue over which you have control. Learn to let go of those aspects over which you have no control.

**Tip #4 – Commit to getting adequate, quality sleep each day.** Many people drag through each day because of nothing more complicated than a chronic sleep deficit. According to a survey by the National Sleep Foundation, those who got fewer than six hours of sleep on weekdays were more likely to describe themselves as stressed, sad, angry and pessimistic. Conversely, those getting adequate sleep reported more positive feelings. For better energy and mood, make the quality and quantity of your sleep a priority. Commit to getting seven to eight hours of sleep each night.

**Tip #5 – Give yourself a break.** Research indicates that for optimal performance you need to disengage every few hours – even if only for a few minutes. Instead of a coffee break, take an "energy" break. Energy breaks might include some of the suggestions mentioned above such as taking a brisk 10-minute walk, listening to music or having a nutritious snack, or they might include: deep breathing, spending a few minutes in the sun, meditating, stretching or yoga. The important thing is to take a break to restore your energy, focus and mood.

### **Your EAP is here to help**

Remember, your Employee Assistance Program (EAP) is available to help you or your dependents with most-any personal, family or work-related concern. If you or a family member needs help, why not call an EAP Professional today? We're here to help.

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## **Tri-State / National REACH EAP**

### **1-888-734-8217**

If you or one of your dependents needs help with a personal, family or work-related issue, contact Tri-State / National REACH Employee Assistance Program for professional assistance. We provide anonymous, confidential telephone counseling, referrals or information to help you or your immediate family members for issues including:

- Marital, Family and Relationship Issues
- Alcohol or Substance Use
- Job Concerns
- Bereavement
- Parenting Issues
- Stress
- Depression and Anxiety
- Debt Relief

If you have a problem, there are solutions ...and your EAP is here to help.  
Anonymous, confidential help is just a phone call away **1-888-734-8217**.

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