

Feeling Tired?



Take Action to Look After Yourself

- 1) **Get Moving:** Exercise can give a boost of energy. Even if you are standing or moving all day you can benefit from exercise of a different sort. Use those ski passes, people!
- 2) **Get Some Sun:** Fresh air and sunlight are essential to health. Just 15 minutes outside daily will boost vitamin D levels and help you feel more energetic and less stressed. Not sure? Try it!
- 3) **Drink Water:** Water is what your body really needs when it's tired. Dehydration leads to tiredness. Drink up!!
- 4) **Eat Well:** Eating every 3 to 4 hours can boost energy levels overall. Balanced meals are king. Fuel the soul!
- 5) **Take some Deep Breaths:** Paying attention to breathing for a minute or two can make a difference. Stress can cause shallow breathing. Deep breathing can counteract this. Everyone together...IN, 2, 3, 4, HOLD 2, 3, 4 and OUT 2,3,4. Repeat 3 times. Ahhh...
- 6) **Listen to some Music:** Listening to music that makes you feel good. Dance to it as well? Sure! (Just make sure you've got good non-slip shoes on and are clear of sharp objects and high traffic areas ☺)
- 7) **Write it Down and Let it Go:** While singing the Frozen soundtrack might increase stress for those around you, writing things down acknowledges the stresses and helps you let them go.

Credit: Lifehack.org