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Mid-day Mood & Energy Refreshers

Sometimes getting through the day can be difficult. You are not alone! A combination of too much stress, poor nutrition, and not enough sleep leaves us feeling stressed out and sluggish in the afternoon. According to experts, as many as one-third of Americans feel stress on a daily basis, and 40% are so tired during the day that it interferes with their daily activities. Fortunately, there are a few fun things we can do in minutes that can help improve our mood, boost energy levels, and rejuvenate us for the rest of the day!

Indulge in an Imaginary Vacation

Many of us get stressed out because we think too much about the future and refuse to concentrate on the here and now. One easy way to get back to the present is with a quick mini-meditation. Close your office door, turn off your cell phone, take a few deep breaths, and transport yourself to another place by focusing for a few minutes on a person, place or activity that makes you happy. It can be anything from your child's face to a favorite vacation spot. This kind of mini-meditation is a great way to replenish your spirit. When we're calm we have more energy!

Stay Away from "Energy Vampires"

Are there people around you who drain your energy? Are there people who exhaust you with their constant negativity? They are referred to as energy vampires. If you have an energy vampire in your life, don't allow this person to waste your time and drag you down. Politely say, "I've got to get back to work," and leave to concentrate on your own job. You'll be surprised at how much better you'll feel.

Create Your Own Mantra

At work or at home, take the time to nourish your spirit by creating your own mantra. A mantra is a sound, word or chant that you repeat over and over that helps you get centered and release needless concerns. Try developing your own mantra and tailor your chants to include good thoughts for yourself and others. Examples: "my calm is within me, I will share calmness with those I meet today" or "may my friends and I breathe peacefully today."

Practice Office Yoga

Some simple yoga moves and breathing exercises can instantly relieve our stress and boost energy. While standing, reach your hands toward the sky, breathe in deeply, and relax completely on the exhale. Drop your arms and upper body toward the ground like a rag doll. Take five deep breaths and let your arms gently be for a moment or so, slowly bend your knees, place your hands on your leg and with smooth, easy movement walk your hands up your legs until you are back in standing position. Take a deep breath and smile.

Laugh Often

Because laughter decreases the level of stress hormones in our bodies, it's an automatic mood booster. Laugh often by keeping a funny joke, quote or photo in your wallet that you can pull out whenever you need it. Simple acts such as revealing a funny anecdote from your past, singing aloud, watching a sun rise or calling a friend can put a smile on your face.

Take a Walk

Want to have more energy during the day? Get up and move! Walk around the building, go outside and do some jumping jacks, or get up and speak to a friend or co-worker instead of calling or e-mailing. Staying physically active is an important component in staying energized. When we're physically fit, our bodies handle the flow of oxygen better, and this creates energy in our cells.

The next time you are feeling the mid-day low – whether mentally or physically – take a few minutes for a mood & energy refresher. With a few strategies, you can finish your day as relaxed and refreshed as you started it.

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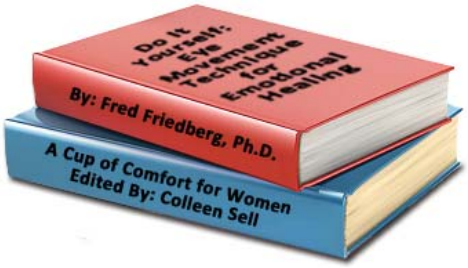
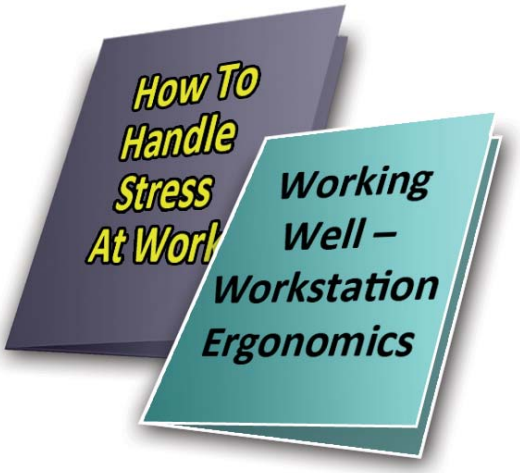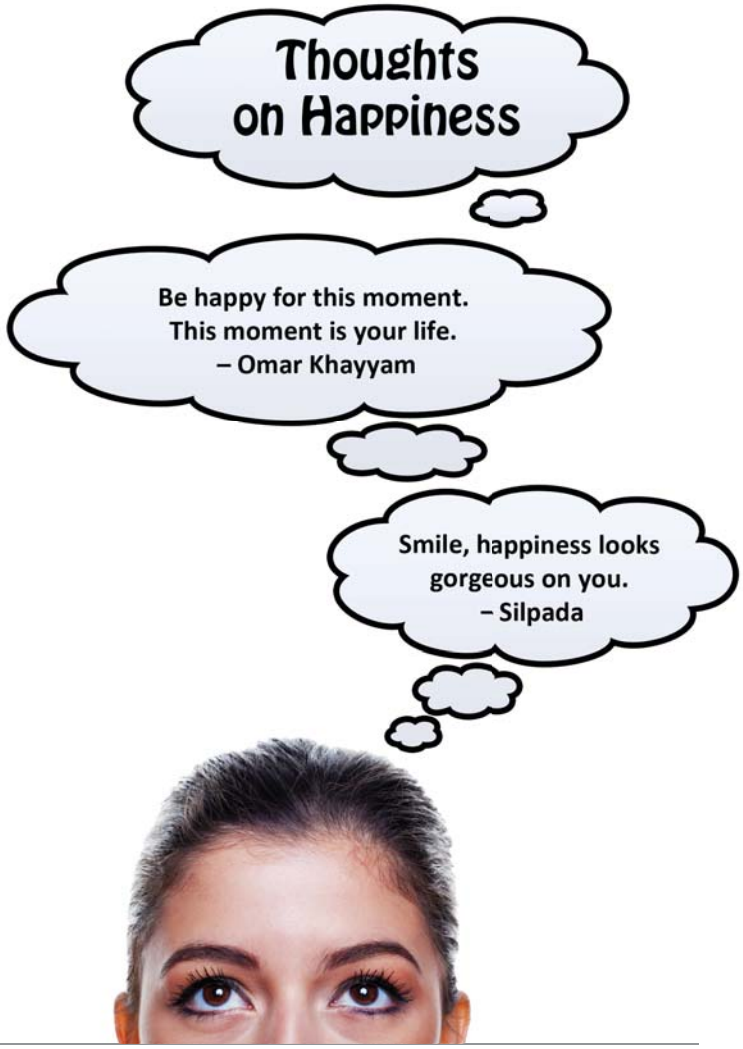
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