

## Tips and Resources: Energy

### Tips

1. Getting adequate sleep is an essential part of having enough physical energy throughout the day. The average adult needs 7-9 hours of sleep per night. There are many things you can do to improve the quality of your sleep.

#### Sleep Aids:

- Get outside to expose yourself to natural sunlight
  - Exercise during the day
  - Include in your diet magnesium rich foods like pumpkin seeds, hemp hearts, cashews, almonds, spinach, soy milk, tofu, and avocado.
  - Avoid caffeine, alcohol, sugary foods within 3 hours of bedtime
  - Turn off screens 30-60 min before bedtime
  - Set bedroom to a comfortable temperature (60-67 degrees F)
  - Make the bedroom dark and/or wear an eye mask or eye pillow
  - Listen to music, a guided meditation or audio book to relax your mind before sleep
2. There are four types of energy: physical, mental, emotional and spiritual.
    - Physical energy is fueled by sleep, exercise and nutrition.
    - Mental energy relies on positivity, optimism and engaging experiences.
    - Emotional energy improves when exposed to high quality social connections, with positive emotions and with creativity and learning.
    - Spiritual energy is linked to our values and purpose in life.

### Resources

#### Reflections to Identify Energy Givers and Takers

1. What are your strengths?
2. Who are the charismatic people in your life? Who are the lilies versus the leeches?
3. Where are your "happy" places?
4. What makes you feel "drained" after doing/eating/interacting with?
5. What is most important to you right now?