

Take Good Care Of Yourself

"Fatigue causes stress and stress causes fatigue. Strategies that naturally increase your energy will tend to reduce stress, so the place to start is with increasing your energy." –Marilyn M. Shannon M.A.

"Many people do not realize that the feelings of stress they experience are more related to physical factors such as allergies, illness, sleeplessness, and poor nutritional habits than to ordinary pressures that every day inevitably brings. Dealing with these physical stresses will almost automatically increase your energy level." –Marilyn M. Shannon M.A

"Stress & anxiety are much more physical than our current culture believes...it's good news because it's really easily remedied with diet and exercise that's invigorating." -- Marilyn M. Shannon M.A

"I'm taking care of my body early on so that I'm empowered for the whole day." – Trainer

"You cannot break a habit. You can only replace it with another." –Anthony Robbins

Nourish yourself

Drink right

"Even mild dehydration can drain your energy and make you tired." – Mayo Clinic

"Your car needs oil to 1) lubricate moving parts, 2) absorb and dissipate heat. Your body needs water to 1) Flush toxins, 2) Carry nutrients, 3) Nourish the brain."

"Caffeine is a good slave but a bad master: It raises blood glucose, giving you a boost, but causes a reactive drop in blood glucose and stresses the adrenals, creating a roller coaster in blood sugar fluctuations that make you crave sugar or more caffeine".

"The first coffee of the day should be the biggest, and drunk the fastest, for a big bump, and the rest of the day's doses should be smaller and ingested more slowly." – Frank Ritter – cognitive scientist

"Green tea is very soothing — it contains theanine, an amino acid that gives flavor to green tea and also promotes relaxation. It is also thought that theanine is a caffeine antagonist, meaning it counters the stimulating effects of caffeine."

Eat balanced pairings

Ex: ...Apple or pear slices topped with 1 ounce cheese

Ex: Spreadable cheese and crackers

Ex: Raw vegetables with 2 tablespoons yogurt dip

Ex: Celery or a banana with 1 to 2 teaspoons peanut butter

Ex: ½ cup cottage cheese with berries

Ex: Cup of Skim/Soy Milk and graham crackers

Ex: Fruit smoothie with ¾ cup nonfat Greek style and ½ cup fruit

Ex: 1 cup no-fat Greek- or skyr-style yogurt with ½ cup berries

Ex: ¼ cup almonds with ¼ cup dried fruit

Ex: Peanut butter toast

Ex: Cherry tomatoes with 1 ounce fresh mozzarella

Ex: 8 ounces of nonfat or soymilk with melon

Ex: Shaved turkey with fruit

Ex: Hard-boiled egg and baby carrots

Ex: ½ cup edamame and red bell pepper strips

Ex: 1 servings of Turkey jerky with veggie sticks

Ex: Roasted vegetables with hummus

Consume Serotonin-boosting snacks periodically

“Certain foods help boost serotonin, which results in feelings of contentedness and relaxation.”

Ex: Dark Chocolate

Ex: Avocado

Ex: Cheese

Ex: Egg

Ex: Yogurt

Ex: Granola

Ex: Milk

Ex: Turkey

Ex: Wild fish

Ex: Beef

Ex: Pretzels

Ex: Plums

Ex: Pineapple

Ex: Bananas

Ex: Sour cherries

Get the right vitamins

Ex: Vitamin C – helps with stressful situations

Ex: Vitamin B – promotes glucose efficiency

Ex: Magnesium - regulates small blood sugar drops which may trigger getting a coffee or eating sugar which can create a large drop and an even bigger crash

Ex: Vitamin E - lets fatty acids stay potent longer in the body to work better to maintain energy when they are together

Ex: Zinc - promotes balanced adrenaline which is related to stress response