



Free Report No.3

How to increase your personal energy

Would you love to have more mental and physical energy?

Energy is essentially thought of in two main forms – mental and physical. The two work in tandem and having one without the other is like only being half alive or having a core piece of you missing.

Mental Energy

Mental energy is essential to keeping your mind active and thus stimulating your brain is extremely important.

Being mentally stimulated usually means doing things that you really enjoy or things that tax your brain power (note I said tax and not over-tax your brain).

We can all get in a mental rut and coast along when we have been in a job for a while and don't really need to think too much about what we are doing because it has become almost second nature. This is when the brain starts to stagnate and even deteriorate.

Recognising that you have reached this stage is crucial for you to be able to lift yourself out of this state and move on again.

Finding relevant mental stimulation will depend on you as an individual but some standard ways of doing this are:

- Reading books (fiction and non-fiction)
- Crosswords, other word or number puzzles (e.g. Nintendo Brain)
- Learning something new
- Taking a course or class – stand-alone or part of a qualification
- Setting yourself regular challenges

The longer you let your brain stagnate, the more difficult it is to get out of it and start to use your brain effectively again. The longer this goes on the more the brain gets used to under performing.

Making a conscious effort to retrain brain to be active is of the MOST important thing you can do for yourself.

Physical Energy

Physical energy is, for the majority of people, the one thing they have most control over. You can decide if you want to be predominantly active or inactive, whether you prefer to eat energy giving or energy zapping food.

Taking more responsibility for your life and your energy levels is the starting point for this.

Once you have recognised that you alone can change things then you can decide which is the best course of action for you to take.

Here are a few essential ways you can consider implementing to increase your energy levels:

- Improving your diet – raising your levels of fresh fruits and vegetables
- Increasing our water intake – 2lt water is the daily
- Taking regular exercise – even a 30 minute daily walk
- Getting enough sleep and rest
- Relaxation
- Mental stimulation

Improving your diet

I am sure you are aware of the current health guidance of “eating five pieces or portions of fruit/vegetables a day”. However, this is the MINIMUM people should be aiming for, not the maximum. Alas, most people in the UK are currently only having up to 3 pieces or portions a day. The real figure that would add to people’s health and well being is around 9 or 10 pieces or portions a day.

Now, I don’t want you to think that I am trying to convert you into a vegetarian or vegan, but everyone, no matter what their food preferences are, can and should be eating a lot more fresh fruit and vegetables every day.

So, you are now thinking, how on earth am I going to get 9 or 10 pieces of fruit/ vegetables into my diet EVERY DAY? Well, it is not as difficult as you might imagine.

Here are some suggestions on how you increase your fruit and vegetable intake:

- Daily mixed fruit and vegetable juices
- Fruit smoothies
- Green smoothies (fruit base plus a green vegetable e.g. spinach)
- Mixed salads
- Vegetable crudités
- Fresh fruit for snacks
- ½ your dinner plate as mixed vegetables

The more colours of fruit and vegetables you can get into your diet the better balance of nutrients you will get.

Where possible the fruit and vegetables should be organic but I won’t get into the organic vs. non organic debate here as I think this is a whole separate subject for another report. However, I will say that in my opinion you should always choose organic where possible and if your budget will permit.

Increasing your water intake

This may seem like a huge amount of water, but what you have to do is get it into perspective. The human body is 70% water, and it needs to keep this level in order to function properly. However, every time you sweat or urinate or drink diuretic drinks (coffee, tea, and caffeine based fizzy drinks) you lose valuable water from your body, so you need to replace it.

2lt is the amount to drink throughout the day, not the amount you drink at one sitting (which could be very bad for you). So spacing it out throughout the day is not only beneficial to your body but also makes it much more manageable.

2lt of water is equivalent of 6 – 8 large glasses, so here are some ways to incorporate these into your day:

- 1 x Glass on waking (= 1 glass)
 - 1 x Glass 30 minutes before each main meal (= 3 glasses)
 - ½ x Glass each time you have been to the bathroom (= 3 glasses)
 - 1 x Glass an hour before you go to bed (= 1 glass)
- Total = 8 glasses

Also, if you keep a glass on your desk at all times, or keep a bottle of water with you if you are on the go all day, then you have easy access and drinking water becomes more of a habit and less of a chore.

There are many health benefits to drinking more water, including:

- Improving the clarity of your skin
- Improving the clarity of your eyes
- Removal that bloated feeling
- Reduction in water retention
- Feeling less hungry

Taking Regular Exercise

Various studies and reports give a whole raft of suggestions as to how much and how often people should exercise. The bottom line is that the human body is designed to move and not to sit behind a

desk or steering wheel or sit on a sofa/chair all day. For a lot of people this is inevitable as it is part of their job. However, there are ways of incorporating more daily movement into our lives:

- Daily 30 minute walk at lunchtime
- Get off the bus one or two stops earlier than you need to
- Park your car at the far end of the car park
- Use the stairs rather than the escalator or elevator
- Cycle to work
- Walk to the person you want to talk to rather than emailing
- Find sports or exercise you enjoy
- Do 3 x 45 minute planned sessions per week (vary the sessions)

Once you start the process of scheduling the exercise time into your day, it will soon become a habit. It is said that it takes 21 times of repeating an action for it to become a new habit. So in a very short space of time, you can generate a whole host of new and positive habits that will add to the quality of your life.

Getting Enough Sleep

Lack of sleep or poor quality sleep is now common place for a large number of people. Whilst the body will learn to adapt to having reduced sleep or broken sleep patterns, it is not going to be able to maintain this indefinitely without negatively impacting on your health.

A lot of the poor sleeping patterns can be attributed to two main causes:

- Eating and/or drinking alcohol or caffeine based drinks late at night
- Being stressed and unable to unwind – overactive brain

When we eat a heavy meal or drink alcohol or caffeine based drinks late at night, the body has to spend all its energy on processing this rather than going through the normal overnight restorative process that it was designed to do. Hence, the result is either poor quality sleep or broken sleep patterns.

The general recommendation is to not eat more than 2 or 3 hours before you go to bed and not to have caffeine based drinks (tea/coffee etc) after Midday as the body will need time to process and eliminate them.

Tips for getting a better nights sleep:

- Relax before going to bed
 - read a book
 - listen to relaxing music
 - listen to a relaxation CD
- Have a warming drink before going to bed
 - Chamomile tea
 - Fennel tea
 - Valerian tea
 - Milk or a milk-based drink

How much sleep people need varies considerably and it is thought that as we get older we need less sleep. The average person will need 6 – 8 hours sleep but some people function best on as little as 4 – 5 hours whilst others need up to 10 hours per night.

Your body is the best authority on how much you personally need – so you should start to listen it more.

Relaxation

In this fast-paced world we all find ourselves in, a level stress is now the norm for most people. However, when your stress levels start to reach unacceptable levels the body tends to send out distress or warning signals.

The signs can vary widely but for me personally, the main ones are:

- Headaches
- Irritable Bowel Syndrome
- Hiatus Hernia

I know when my headaches become so strong that standard analgesics do not touch the pain that I need to some major stress busting. If I don't do thins and the stress levels continue then my IBS will then kick in and finally my Hiatus Hernia will start to play-up.

So, you need to listen to your body and find out what the symptoms your body is telling you to be aware of – and take action.

Here are my top stress-busting activities:

- Be aware of your stress symptoms
- Create some “me” time
- Focus on “you” for a while
- Meditation
- Visualisation
- Journaling
- Relaxation CD's
- Exercise – yoga, pilates etc

Obviously, if you cannot change or reduce your stress levels and your health is suffering then you **MUST** seek guidance from a qualified medical practitioner as soon as possible.

Mental Stimulation

Most of this has already been covered under the topic of Mental Energy at the start of this report.

Suffice to say that undertaking activities that stimulate your brain will not only make you feel better but will improve the quality of you life immensely.

Summary

Having sufficient energy, whether mental or physical is core difference between just living and being alive.

Being aware of what is zapping your energy is just the starting point in the process. Once you know what your energy gremlins are **THEN** you can do something about it.

So good luck and here's to an energy filled life!

A NOTE FROM THE AUTHOR

I hope you found this short report helpful to you.

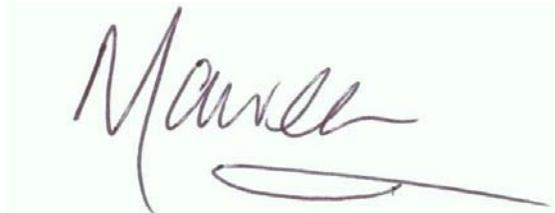
If you would like to find out more information about regaining personal time, space, energy and self-care then I invite you to visit The Calm Coach website - www.thecalmcoach.com, where you will find more free reports and information to move your life into the calm zone.

To contact me directly:

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Kindest Regards

A handwritten signature in black ink on a light green background. The signature reads "Maureen" in a cursive script, followed by a long, horizontal flourish.



ABOUT MAUREEN YORK

Maureen is a caring, sensitive and highly professional coach who has been helping to develop people's careers and lives for over 15 years in a higher education/training environment.

Through The Calm Coach she now brings her passion for helping others into a dedicated coaching practice combining life coaching and raw food coaching to help the busy and overwhelmed to once again breathe, thrive and grow.

No matter where you are at in life, Maureen can help you make the changes that are right for you, and help you to once again breathe, relax and feel more joyful as you bring the breathing space back into YOUR world.

The Calm Coach offers a suite of coaching options from one-on-one sessions and packages through to group programmes, workshops and other events.

To discuss what option would be most suitable for you, please contact Maureen directly as follows:

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