

#Thrive2021

Jump Start June

jump-start your energy levels

We use the word fatigue to describe overwhelming feelings of tiredness and low energy. It can refer to a physical or mental state or even a combination of them both. Sadly, it isn't always easy to pinpoint exactly why we feel this way.

However, there are a couple of quick fixes you can count on, to jump-start your energy levels when fighting the afternoon slump.

Have a glass of water

Dehydration can leave you feeling drained and sluggish.

Stand up and get moving

Exercise helps pump oxygen-rich blood through your body to your heart, brain and muscles, giving you a natural energy boost.

Eat!

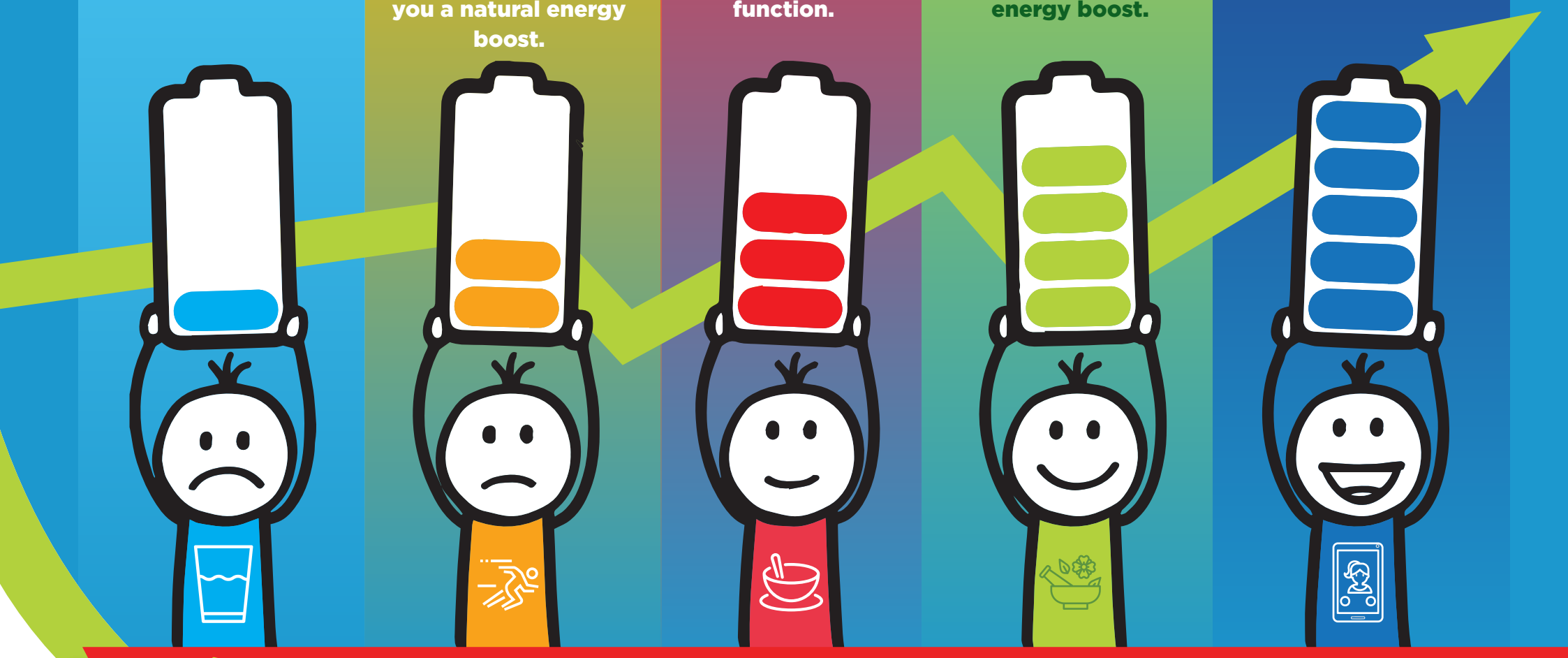
Low blood sugar levels can leave you feeling slow and weary. Your brain needs food to function.

Practice aromatherapy

Essential oils, like Rosemary and Peppermint, can stimulate the brain and provide a natural energy boost.

Call on a cheerful friend

Surround yourself with positive, optimistic people; they can give your mood and energy levels an upbeat lift.



In some cases, fatigue can be a symptom or sign of a more severe illness and should be checked out by your healthcare professional.

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