

How to get MORE Energy

- ♣ Sleep 8 - 9 hours every night
- ♣ Eat Healthy foods
 - Limit Sugar intake
 - Regular Sodas and quick Breakfast items (Donuts, etc.) have LOTS of sugar
 - Diet Sodas have no sugar, but they do have lots of caffeine
 - Sugar makes you CRASH shortly after intake
 - Eat Meat and Fish
 - Try to eat Grilled meat instead of fried meat
 - Eat Veggies and Fruit
 - Limit CAFFEINE!
 - Colas, coffee, and candy bars have an enormous amount of caffeine
 - Caffeine makes you CRASH shortly after intake
 - Try drinking Green Tea instead; it has caffeine, but is better for your mind
 - ♣ WALK, Dance, or Swim
 - ♣ Do Sit-ups or Push-ups
 - ♣ Do Yoga or simple Body Movements
 - ♣ Lift Weights
- ♣ Listen to Music
- ♣ Meditate
 - Meditation is easy. Find a very quiet place. Sit down and get comfortable in a relaxing position. Close your eyes. Instead of letting the thoughts in your mind have control over you, focus on your breath. When you Breathe In, say "I" and when you Breathe Out, say "am Peace". You can say whatever you want, actually! Everytime your mind begins to focus on something other than your breath, notice what you're focusing on. Then, let the thought go by returning to the focus on your breath. Do this for 5 - 30 minutes. It takes practice!

- Meditation has been scientifically proven to improve your mind and even help prevent diseases such as cancer
- ♣ Have more Social Activities planned during the week and on weekends
 - Peers here should get together every once in a while!
- ♣ Get involved in your Community
 - Volunteer Work
 - Join an Interest Group (you can look online at www.creativeloafing.com)
 - Participate at Church
- ♣ Use your Imagination
 - Intellectual Stimulation
 - Read something interesting or watch something on TV that gets you excited
- ♣ Take VITAMINS!
 - Taking a MULTI-VITAMIN is absolutely crucial
 - Two familiar brands of multi-vitamins are One-A-Day and Centrum
 - You can also buy the Generic brands (Kroger or Publix brand...) at grocery stores that are the same vitamin but much cheaper!
 - Vitamin B is excellent for ENERGY
 - Fish Oil!
 - Fish Oil helps depression, your heart, your skin, and your mind
- ♣ Take a short Nap to re-energize
- ♣ Watch LESS Television!
 - Watching television distracts your mind to the point that it becomes hard to focus on everyday things
 - It is also, quite frankly, a waste of time
 - This doesn't mean give up all TV, but limit yourself to only an hour a day
- ♣ Find something to Laugh at!
- ♣ Get 30 minutes of SUNLIGHT everyday!
 - Studies have shown that sunlight is very helpful for depression, and also your skin