



NATURAL STRATEGIES TO — Reenergize — YOUR DAY

FUELING YOUR BODY FOR ENERGY

- **Ditch the Processed Pantry Raiders:** Swap sugary cereals, refined carbohydrates like white bread, and processed snacks for nutrient-rich whole foods. These provide sustained energy by releasing glucose slowly and keeping blood sugar levels stable. Choose whole grains, fruits, vegetables and lean protein sources to fuel your body efficiently.
- **Embrace the Power of Plants:** Fruits and vegetables are powerhouses filled with vitamins, minerals and antioxidants that support cellular function and energy production. Aim for a rainbow on your plate — different colors represent a variety of beneficial nutrients.
- **Hydrate:** Dehydration is often a sneaky culprit behind fatigue. Aim to drink plenty of water throughout the day, especially before, during and after exercise.

TAMING THE STRESS MONSTER

Chronic stress is a major energy zapper. Here are some ways to combat it:

- **Identify Your Stressors:** The first step is acknowledging what triggers your stress response. Is it a demanding job, family obligations or financial worries? Once you identify them, you can develop strategies to manage them effectively.
- **Relaxation Techniques** to the Rescue: Practices like deep breathing, meditation and yoga can significantly reduce stress hormones and promote calm feelings. Dedicate even just 10 minutes a day to unwind and quiet your mind.
- **Prioritize Sleep:** When you're sleep-deprived, your body struggles to function optimally. Aim for seven to eight hours of quality sleep each night. Establish a regular sleep schedule and create a relaxing bedtime routine.

MOVE YOUR BODY; BOOST YOUR ENERGY

Physical activity may seem counterintuitive when you're feeling tired, but it's a potent energy booster.

Here's why:

- **Exercise Enhances Oxygen Flow:** Regular physical activity strengthens your heart and lungs, improving oxygen delivery throughout your body. This fuels your cells and combats fatigue.
- **Beat the Blues With Endorphins:** Exercise triggers the release of endorphins, which are natural mood elevators that combat stress and promote feelings of wellbeing.
- **Find Activities You Enjoy:** The key is to find physical activities you enjoy, whether it's dancing, swimming, brisk walking or cycling. This makes it more likely you'll stick with a routine.

By incorporating these natural strategies — dietary tweaks, stress management techniques and regular movement — you can combat fatigue and rediscover a vibrant, energetic you. Remember, consistency is key. Gradually integrate these practices into your daily life and witness the positive impact on your overall wellbeing.

Simple Spring Orange Buttermilk Cupcakes

Prep Time: 20 minutes, **Cook Time:** 20 minutes (plus cooling) **Total Time:** 1 hour Serves: 9

Ingredients

- 3 tablespoons butter, salted
- ½ cup packed brown sugar
- ¼ cup sugar blend
- 1 teaspoon grated orange zest
- 1 large egg, room temperature
- 1 large egg white, room temperature
- 2 tablespoons plus 2 ½ teaspoons orange juice, divided
- 1 ¼ cups cake flour
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- ⅔ cup buttermilk
- ½ cup confectioner's sugar

Instructions

1. In a large bowl, beat butter, brown sugar, sugar blend and orange zest. Beat in egg, egg white and 2 tablespoons orange juice. Separately combine the flour, baking powder, baking soda, salt and ginger; gradually add to butter mixture alternately with buttermilk, beating thoroughly throughout.
2. Coat 9 muffin cups with cooking spray or paper liners. Fill ¾ full with batter. Bake at 350°F until a toothpick inserted in center comes out clean, about 18 to 20 minutes. Cool for 5 minutes before removing from pan to a wire rack to cool completely.
3. In a small bowl, combine confectioner's sugar and remaining 2 ½ teaspoons orange juice. Frost cupcakes, and enjoy!

Nutrition Info

Calories per serving: 201, Total fat: 5 g, Saturated fat: 3 g, Sodium: 208 mg, Total Carbohydrate: 37 g, Dietary fiber: 0 g, Sugar: 21 g, Protein: 3 g

Recipe adapted from: tasteofhome.com



YOU ARE MORE THAN enough



Simple Boundaries for Being Truer to Yourself to Support Mental Wellbeing

Being true to ourselves is a tremendous avenue for supporting mental wellbeing and our personal ability to thrive. Like many other practices, it's a lifelong journey that's ever-evolving with the lessons we learn over the years — and we can learn from others. One guideline to safeguard that space for us to thrive is to actively create healthy boundaries for ourselves and those closest to us or those we interact with often.

Remain in your lane.

Next time you're feeling stressed or upset, consider asking yourself, "Whose business am I in?" Avoid spending energy on someone else's happenings where you have no power. After all, we have plenty to work on for ourselves. Melissa Urban (co-founder and CEO of the Whole 30 eating plan, and celebrating her 50th year with life lessons she would impart on anyone) says it best — "If you're in someone else's business, who is running your own?" And remember, what others think of us is not our business.

She recommends flexing our immunity to external validation. It goes against popular practice — acknowledging praise but not letting ourselves react to it. Even when someone compliments your hair or style, remind yourself that it does not change how you feel about yourself. One method might be to think: "It's kind that you choose to experience me that way, but it doesn't say anything about how I feel about me."

This rule is even more important when someone sends non-constructive criticism your way. Remember, it's simply not about you — "It's you, not me." Leave their judgement where it is; you don't have to 'pick it up' and carry it with you. It won't affect how you feel about yourself, which maintains your mental wellbeing.

Finetune how you define yourself.

In all areas of your life, take some time to recognize how you feel about yourself. Get specific in your definition of yourself. How do you feel about the way you look? Act? Carry yourself? Parent? Relate to those closest to you?

It's a frank, honest assessment or reflection of yourself that will be shaped over your lifetime. When you have a clearer idea of yourself — as defined by yourself — it's much more challenging to succumb to any conflicting reviews from others. This can help support mental wellbeing because it reinforces a sense and understanding of ourselves and overall confidence.

Say what you mean and hold others to do it, too.

Remove any guessing and place value on truth over politeness. Communicate clearly with others, especially those closest to you, so they never need to decode what you're saying. No speculating, no guessing, no reading between the lines; just authentic, clear communication, which is sometimes uncomfortable, but can be most productive. They know where you stand, and in return, you are more trustworthy, and relationships tend to get easier and flourish from this quality. Healthy, positive relationships support mental wellbeing and balance in life. Encourage those around you to say what they mean, too. It's also important to verify what you are talking about, so each person is in-sync with what the conversation is covering and there is no misunderstanding.

Personal boundaries and simple practices like these can support overall mental wellbeing, which impacts the other seven domains of what we call the Wellbeing Wheel — emotional, physical, social, financial, environmental, occupational and spiritual. This vital balance can lead to a life of greater wellbeing and personal thriving.

"Introducing Human Flourishing and How It Relates to Your Wellness Program," motivatehealth.com, Sari Vasquez, Sept. 27, 2022.

"Say What You Mean; Mean What You Say: Seven Tips for Being an Authentic Communicator," Jessica Schrader, psychologytoday.com, July 26, 2016.

"Happy Birthday to Me! I'm Fifty Years Old Today. And Not as Freaked Out as I Thought I'd Be." Melissa Urban, blog.melissau.com, March 4, 2024