Tricks to Boost Your Energy

- Get seven to nine hours of sleep per night.
- Practice self-awareness. Notice where your body is tense. Allow your breath to relax this area and make an adjustment into a more helpful position or stance.

These tips were gleaned from the September 2013 issue of Consumer Reports magazine.

- Stand up and move every hour. A few simple exercises (stretches, lunges, etc.) remind your body to stay alert.
- Spread out your tasks throughout the day, rather than putting them back-to-back. Try alternating mental and physical tasks when possible.
- Soft background music helps you to stay attentive. Engaging in a conversation also stimulates your brain.
- Keep a green plant visible to relieve stress and anxiety, or be able to look at bright green and red objects.
- Bright, indirect lighting reduces glare and prevents eyestrain.
- Temperatures between 68 and 72 degrees keep you alert. Higher temperatures will slow you down mentally.
- Sit up straight! The weight that your neck supports doubles for every inch that your head tilts forward.
- If you can’t take a quick afternoon nap, do quick, short inhales followed by a long, slow exhale. Do this for at least 3 minutes, preferably at a quiet place away from your desk.
- Run your hands under cold water for a few seconds to perk yourself up before a meeting.