Handout 5.2: Supporting and improving your energy levels

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| Activity | Will help you feel more energised | You are able to commit to |
| Drink more |  |  |
| Sleep more |  |  |
| Eat well |  |  |
| Eat regularly |  |  |
| Avoid junk food |  |  |
| Stop drinking coffee/cola/energy drinks |  |  |
| Exercise – do some or do more |  |  |
| Rest |  |  |
| Stop rushing |  |  |
| Have a massage |  |  |
| Go to a relaxation class |  |  |
| Seek support from complementary therapy:AcupunctureReflexologyKinesiologyAromatherapyPhysiotherapy, etc |  |  |
| Learn to meditate |  |  |
| Take up a hobby |  |  |
| Socialise more |  |  |
| Set a sensible marking curfew |  |  |
| Have a holiday during holidays! |  |  |
| Leave work at school |  |  |
| Set work-life boundaries |  |  |
| Prioritise partner once a week (have a date night!) |  |  |