

feel the power

Fed up of feeling tired all the time? Then follow health coach Anne Marshall's advice and your energy levels will soon be soaring

The clock is approaching 5.30pm and you're feeling tired and drained – somehow it seems you never have enough energy to accomplish everything you need to do. Sound familiar? Tiredness and low energy levels are common complaints for many people in today's society.

If your 'energy account' remains in the red, or unbalanced, then the long-term result can be exhaustion and ultimately a level of stress that is rather difficult to relieve. But what can you do about it?

One answer is to become more energy conscious; to become aware of how your energy is flowing, where you may be wasting it, blocking it, or letting it leak away. Then, you need to discover what you can do about it.

Our energy, like our time, is an incredibly

precious resource. However, while many of us are perfectly able to manage our time and our finances, we struggle to keep our energy levels on an even keel.

One of the keys to becoming more energy-conscious is to start noticing how you are spending your energy. For example, start to become aware of who or what leaves you feeling drained or depleted, what times of day you naturally feel the most energised or lethargic and how the company of different people affects you. For some people even the weather makes a difference to their energy levels.

Of course, it is equally important to pay attention to what energises you too. Think about this for a moment. What times of day, what activities or environments tend to uplift and replenish you if you are feeling a bit low?

Be your own coach

Knowing what works best for you is important. But what's vital is that you actually use this information for your own benefit every day. We are all energised by different things, so start noticing where your life really gives you energy, where you are running in neutral and where you are heading towards depletion. Now, with that new information, take a moment to be your own coach and ask yourself: "What health-enhancing steps could I take to help strengthen my vibrancy and feel more energised?"

Start by following the energy wheel exercise below. Pick an area where your score was low and consider if there is something that you could either start doing, or stop doing, that would give you real and measurable improvements over time. We're not talking

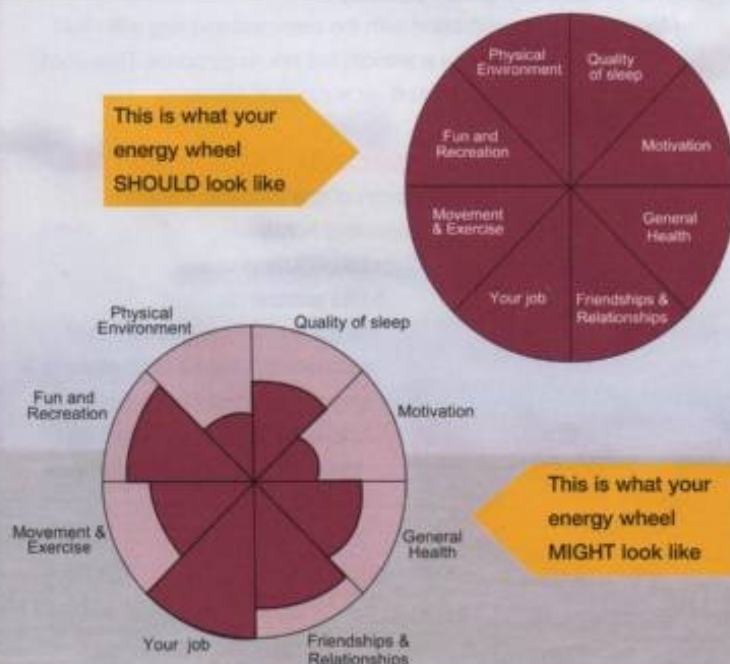
THE ENERGY WHEEL

An easy way to get a clear picture of how you are managing your energy is to draw yourself an energy wheel. This simple exercise is used by many coaches to help their clients easily see what areas of their health or business might need the most attention, and you can use it too to help you manage your personal energy more efficiently.

Start by taking a piece of paper and drawing a large circle on it. Then divide that circle into eight segments, rather like a pie chart. Now label the centre of the circle '0' representing little or no energy, and write the numbers from one to 10 along the 'spokes' of each segment, with '10' at the outermost edge, representing a vibrant and strong energy.

These numbers will reflect your energy levels in various aspects of your life, for example: your primary relationships, your job, or your quality of sleep. Give an appropriate label to each of the eight segments of your 'energy wheel' and then allow yourself a few minutes of quiet reflection to assess the quality of your energy in each area.


Give each segment a mark between one and 10 reflecting your energy levels in this area of your life. Then, join up each segment by drawing a line linking the various numbers you have scored each area of



“As you become more energy-conscious, you can begin to develop strategies to increase your vitality”

10 instant energy boosters

- 1 Break out of your routines occasionally and schedule some 'me time', to do something different and fun.
- 2 Tidy up the space around you. The less clutter you have to wade through, the more energy you will have to devote to other things.
- 3 Eat small, regular meals to help you maintain a constant supply of energy throughout the day.
- 4 Give yourself an invigorating 60-second head and neck massage to stimulate your blood flow and the oxygen supply to your brain.
- 5 Make sure your room is at the right temperature. Too hot or cold and you could end up feeling sluggish.
- 6 Get an energy boost by trying something new and adding different experiences to your day.
- 7 Be sure to drink plenty of water to help improve your energy levels and to stave off tiredness.
- 8 Give your senses a little treat by indulging in some new aromas, tastes or vibrant colours.
- 9 Breathe deeply. Stop occasionally to take five extra full deep breaths, to help increase the oxygen flow to your brain and increase your alertness.
- 10 Get a good night's sleep. This is when your body has its best chance to repair, restore and rejuvenate, so aim for seven to eight hours each night.



your life. When you have finished, step back and look at the shape that you have drawn.

Is the outline of your energy wheel bumpy or smooth? Does it reflect good quality energy and high levels of vitality in some areas of your life but not others? What does this picture tell you about the way you spend and replenish your energy?

This is really precious information because, as you become more energy-conscious, you can begin to develop strategies to increase your vitality in times of challenge or stress, or deliberately factor in some extra activities to your day that you know will boost your energy. This could include taking a brisk walk, listening to some lively music, having a good laugh or taking a power nap.

about temporary energy boosters such as a strong cup of coffee.

as these are usually only short-term interventions, often at the expense of your overall energy store.

If there was just one thing that you could do that would make a real difference to your vibrancy and quality of energy on a daily basis, what would it be? Ask yourself if you really would be willing to make that change and do what it takes to enjoy even greater vibrancy and vitality.

Perhaps your energy levels are already good. Or it may be that you don't feel sufficiently motivated to change at this point. If that is true for you, don't criticise yourself, just be grateful for any insights you may have received from this simple exercise and move on. Or, it may be that you would like to put these insights into action but you are not quite sure if you have the staying power to do it alone. If this is the case then consider asking a friend to help keep you on track, or hiring the help of a professional health coach who can help you get going.

If on the other hand your answer is a resounding yes, then as soon as you have finished reading this article, go and get yourself a pen and paper and write down your commitment to change. The best way to do this is to state your intention in the form of a goal that is SMART – in other words it is Specific, Measurable, Action-based, Realistic and Set in time. So, for example, rather than saying: "I want to increase my physical stamina throughout the day," try saying: "I intend to go on a five-mile walk, three times a week", or whatever is relevant to you. The quality of your daily energy is an important factor in your overall wellbeing. So, if you would like a little bit more vibrancy and sparkle in your life consider setting aside a few minutes each day to review your personal energy account. You won't regret it.

READER OFFER

Natural Health readers can take advantage of a special £15 discount off the price of Anne Marshall's 30-day health coaching e-course, *Coach Yourself to Better Health*. The course normally costs £145 but is available to NH readers at the exclusive price of £130 and contains 30 days of teaching and guided exercises to enable you to become your own health coach, with a full 90 days of personalised email support from Anne herself. To take up this reader offer visit the following web page:
annelesleymarshall.co.uk/reader-offer.html

Energy vampires

Some people just drain your energy – here's how to spot the signs and learn to avoid them!

The drama queen

These people always make a big deal out of nothing and can leave you feeling tired and listless.

The intruder

Anyone who ignores your personal boundaries and privacy – they do not care about you.

The blamer

These people are seldom willing to take responsibility for themselves. So watch out as they will be looking for someone to blame.

The complainer

They constantly seem to be complaining about their partners, jobs, illnesses and just about anything else they can get you to listen to.

The critic

These people seldom have anything good to say, either about you or anything else.



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