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Keeping Energized at Work

Catching up after a vacation? Working late? Not sleeping well? Studies show that up to 40% of American workers are fatigued. This can be especially evident in the summer time when there are numerous activities happening at home and work. Many of these can be fun and rejuvenating, but nonetheless a busy schedule can always take a toll.

Being tired at work can have an effect on your motivation and can even cause you to make major errors. Here are a few good tips for giving you an extra boost of energy at work:



Plan your schedule around your energy levels. When possible, try to plan important tasks when you know your attention is at its best.

Keep hydrated. Coffee and soda may sound like the best idea when you are tired. In moderation they are ok. However, one sign of dehydration is feeling tired. Make sure you are also drinking water through out the day.

Get some fresh air. Even when the sun is not out, being outside gives us a boost in Vitamin D. A healthy amount of Vitamin D can help boost both your mood and energy levels.

Beware of energy zappers. Some people rely on convenient “pick me ups” like energy drinks or candy bars. These only work temporarily and often cause your energy levels to crash later, leaving you feeling worse than before. Replace that snack with something more balanced- like almonds that have carbs, protein and healthy fat.

Take short breaks. You might feel like there is too much to do to take a break. However taking a short break at least once an hour will increase your productivity. You’ll be able to return to your task and be more attentive.

Have a snack. Studies have shown that eating several small meals a day as opposed to just 3 large meals helps balance out your energy level. Bring some healthy snacks to work to have in between meals.

De-stress your life. Stress management is often key to keeping energized. Find an activity that you find relaxing and make it a priority to do it regularly. Think about listening to music, reading, spending time with family, or simply stretching.

Seek professional help. Fatigue can be a sign of other physical or mental health problems. If your problem is persistent, speak to your doctor or consider calling us, your EAP.

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