

Your wellbeing @ work

160 energising tips

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A: Universal Energy Boosters

1 Relax your breathing.

Breathe slowly and deeply for an instant lift. Deep breathing through your diaphragm (rather than chest) massages your solar plexus. Feel your abdomen move and notice stress melt away. A study in *The Lancet* confirmed the health benefits of deep breathing.

2 Straighten your upright (standing) posture.

Imagine the back of your neck and head as if held by a thread from behind. Keep your chin up and raise your line of vision. Stride forward purposefully. Maintain this bearing for an uplifting feeling.

3 Accentuate the positive.

Controlled studies prove “attentive optimists” are healthier. Cultivate resilience with your sunny outlook. The human mind is capable of 50,000 thoughts daily: why not make them as constructive as possible?

4 Simplify.

Do few things as well as you can. Cut down your objectives, focusing deeper on each. Spend more time doing what you’re best at.

5 Stretch.

Stretching is one of your best energisers. You can do it discreetly anywhere. Flex different parts of the body regularly to stay toned, supple and relaxed.

6 Drink water for vitality.

Being well-hydrated cleanses and energises. Our bodies are 70% water. The Food Standards Agency advises at least 6-8 glasses a day (1.2 litres+), more when active: see www.eatwell.gov.uk for more info. Take healthy diluted drinks for variety. Keep water handy at work, especially in a dehydrating office environment.

7 Relax your face.

Bring your attention to your jaw and lips. Open your mouth, stretch your jaw out, pause and close slowly. Consciously relax the muscles around your face and eyes. Repeat as often as possible.