



**LUEMO**  
WORKPLACE WELLBEING

# Get your Energy Back!

***The warmth of spring is a matter of weeks away, now is the time to start working on revitalizing your physical and emotional energy. The winter months and COVID complications can slowly wear down even the most positive people without them noticing. Let's get the energy back!***

**1**

## Throw back the doona

Cold weather, WFH and COVID conspire to dampen our mood and keep us in bed for too long. So, literally throw back the doona, get out of bed at the right time, shower, dress well and eat breakfast. Morning routines set our energy for the day. Get out in the sun and fresh air each morning - don't stay inside too long.

**2**

## Exercise

Restart your exercise routine or start a new one\*. Get some snazzy new exercise gear that makes you feel good. If you are finding it hard, grab a motivated friend or commit and prepay for some classes. You will thank yourself for it! Exercise can be a game changer for our mood, mind and physical health.

\*Consult with your health practitioner about what's right for you.

**3**

## Get the right fuel

Wintertime can mean we eat a lot of 'comfort food' and get sluggish. Concentrate on getting more veges, fruit and unprocessed food into your body. Reverse takeaway habits and start making simple fresh meals at home. What you put into your body affects your mood, mind and energy levels so it is essential that you concentrate on putting the right stuff in.



4

**Phone a friend**

Get reconnected with your circle of positive friends and family. Plan catch ups, hikes, weekends away, movies, road trips and meals together like you use to. If you are in lockdown or separated by borders, try having a virtual coffee or glass of wine together. Make future plans and create some excitement about getting together soon.

5

**Do what brings you joy**

It's easy to get out of bed when your life is based around what's important to you. Take time to really think about your values and what you find uplifting. Make time every day to do things that are in line with what's most important to you. If your everyday activities are not aligned with what makes you happy, ask yourself why and be prepared to make a change.

**Reinvigorate your work area!**

Clear space for creative energy. Reorganise and clear away the clutter, throw out old paperwork, and tidy up your electronics and cords and wipe it all down with a nicely fragranced hygienic cleaner. Treat yourself to a lovely new pot plant for a cheery boost and an earthy companion. Place a nice frame nearby with a photo of someone you love or your favourite holiday snap.

Collect a stash of healthy snacks – nuts, carrot sticks, dried and fresh fruit, crackers and cheese. Get a lovely new water jug and coffee mug if you need them.

6

**Turn your back on toxic**

Too much alcohol, media, drugs, TV, shopping, gambling or toxic relationships hold us back from engaging in the good things in our life. If something is stopping you from doing what brings you joy or spending time with people you love, consider ditching it.

➔ [More day to day habit tips on the Luemo Wellbeing Scorecard](#)



Get some noise canceling headphones if you are in a distracting environment...but please, don't become so disconnected from your surrounds that you forget to connect and interact regularly – you need each other's energy!



## Eat for energy!

These foods are known to have great all-round balance to boost energy, so put them in your shopping trolley and incorporate them into your weekly diet for greater energy levels\*

Avocados, almonds, bananas, beans, brown rice, cashews, chia seeds, edamame, eggs, flax seeds, hummus, leafy greens, oranges, pumpkin seeds, oatmeal, strawberries, sweet potato, salmon, tuna, walnuts, quinoa, yoghurt, along with 8-10 cups of water per day for digestion and good hydration!

\*Consult with your health practitioner about what's best for you and your dietary needs.



## Life's too important to take seriously

Bring back laughter - Laughter is seriously good for your health and your mood. Ditch the dark movies, serious novels and mainstream news. Watch a comedy or read a funny light-hearted book.

Get the music back - Music uplifts the spirit and ignites internal energy. Buy

a new wireless boom box and play fun uplifting music throughout the day. Dance around and enjoy yourself.

Forget about being productive all the time - Do simple things just for the fun of it. You are not wasting time if it is filling your soul. Browse in a shop, chat to a stranger, play with the kids, look at holiday snaps, gaze at the ocean or fiddle with your hobbies. Do what makes you feel relaxed and happy.

*Get started now on your energy reboot...*

Simple changes and commitments can turn a switch and make a difference. You don't have to be perfect, and you don't have to do it all at once. Start working on your changes one by one and give yourself time to make a difference. It's worth it!

➔ [Members can get more feel-good strategies on the Luemo portal](#)