

We have all been there, between work deadlines, family obligations, staying on top of house/yard work and paying bills, sometimes you simply become exhausted. Join the club... Health experts say we're suffering from a nationwide energy crisis sparked by lifestyles that leave us crazy, stressed out and running on empty. There are some small steps that we can take to regain our energy levels and ignite that spark.

Go Off The Grid.

Most people are not meant to go completely off the grid, abandoning society entirely. However a lot of us could benefit from the freedom of electronics even if just for a few moments. Try to take small mental vacations. Turn off your electronics and go for a walk, take a nap or have a soothing bath. This will do wonders for your mental state and you will be sure to feel more energized.

Be Grateful For The Crazy

Most of us suffer from the chronic illusion, that someday we will get everything under control. In my mind it is after my kids get a little older and less dependent, after this hockey/skating season is over, after my husband gets more secure in his job. A place where you finally have all of your emails answered, bills paid and laundry done. This place does not exist! To-do lists aren't meant to be finished. It is important to embrace the crazy that keeps us going strong. Putting what matters most first, making sure you get that done and letting the rest just happen.

Pump Up Your Playlist

While we often turn to music as a source of relaxation, at other times we need a little pick me up to get the energy flowing. Music can change our mood instantly. It can make us move in ways we never thought possible, regardless of

how much energy we may or may not have. Music distracts us from pain and fatigue, it elevates our mood, increases endurance, over all it just makes things easier. When listening to music we run further, bike longer, and swim faster, often without realizing it.

Laughter Is The Best Medicine

Your sense of humour is one of the most powerful tools you have to make certain that your daily mood, energy levels, and emotional state are in good health. Humour is infectious. The sound of roaring laughter is far more contagious than any yawn, cough, or sniffle. Laughter triggers a healthy physical response in the body. It strengthens our immune system, boosts energy, and protects from the damaging effects of life's stresses. Laughter has the power to promote energy, heal and renew, and best of all its Free.

Just Go For A Walk

I am sure the last thing you want to do when you are feeling exhausted is put a sweater on and go outside for a walk in the cold. Well, spring is upon us. Just a few minutes outside in the fresh air, away from your emails, your phone, and your paper work will work wonders for your energy and mood. Obviously this works well in the warm months too. A quick walk and a change of scenery is a great idea any time of year.

Energize The Voice Within Your Head

When the voice inside your head sounds like Mr. *Snuffleupagus*, it's really hard to get yourself pumped up. However when its saying things like its 7a.m. TIME TO BE AWESOME!!! 9 a.m. GO GET EM ROCK STAR!!! and 12 a.m. GO TEAM!!! It's pretty hard not to feel AMAZING! and get enthusiastic about life. So let's energize our thoughts, think bigger and brighter.

Finding the energy to get through the day isn't always about what we eat or how much we exercise. There are several ways we can boost our own energy. The secret is to find out what works for you. I have a simple list of things that give me energy. I like to grab a few minutes and turn off my phone and read meaningless magazines. I like to crank the tunes and dance like no body's watching. I especially look forward to just hangin with my kids, who always manage to keep it real.

"I strive for this kind of peace by thinking of life as my dance partner. Sometimes I am leading, sometimes I am following, and the beauty and grace comes from responding to my partner rather than insisting that I am in charge. I am learning new steps all the time. And if that means the 22-inch pile of files stays atop my filing cabinet for 3 years, I've vowed that I won't be a wall flower worrying about it. I'll be too busy DANCING."

M.J. Ryan (A favourite quote of mine)

Kerrienne Brown, May 2015