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MANAGING ENERGY LEVELS

Less Screen Time, More Energy

Do you experience brain drain after spending several hours behind a digital screen? You are not alone.

Research has shown that high levels of screen time can have a negative impact on brain function¹. Spending more than six hours watching TV or using a computer has been linked to weight gain, and those who watch more than four hours of screen time each day are more likely to regain weight after achieving successful weight loss. Higher screen time rates have also been associated with lower levels of physical activity and higher rates of depression.

Some experts recommend limiting screen time to two hours each day. While two hours might not be realistic depending on the type of work you do, it might still be possible to set some limits.



Here are a few ways to reduce screen time while boosting your energy levels:

Reconsider video meetings

Reassess how often you need to meet by video conference. Could the same objectives be met with a simple phone call or email exchange instead? Reducing the time you spend in front of a screen might be achievable simply by changing some daily routines.

Make your meetings active

If possible, take your phone meetings for a walk, or schedule active in-person meetings and walk together. Movement can also boost creativity.

Limit your scrolling

The fewer hours you spend scrolling the web, the more time you have to strengthen meaningful relationships and complete important projects.

Devoting less energy to screen time also means you will have more energy for the things that matter most.



1. <https://www.psychologytoday.com/us/blog/mental-wealth/201704/10-ways-protect-the-brain-daily-screen-time>



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How to Recharge Your Body and Mind

Do you feel overwhelmed? It may be a sign that you need to recharge. Endless to do lists, double-booked calendars, and ongoing family responsibilities can leave you feeling depleted. Burnout can creep up quickly, and often at the most inconvenient times. That is why it is essential to create space to recharge your body and mind on a regular basis.

Here are some things you can try when you need to recharge:

Do therapeutic yoga

Therapeutic yoga² has been shown to improve flexibility, strength, and even lung function. The movements commonly associated with yoga also help relieve muscle tension.



Take a cold shower

Being immersed in cold water causes blood vessels to constrict, thereby increasing blood flow. This increases the amount of oxygen that gets supplied to your cells, and helps remove toxins more quickly. Athletes are known to use ice baths and cold showers as a way to speed up the post-workout recovery process.

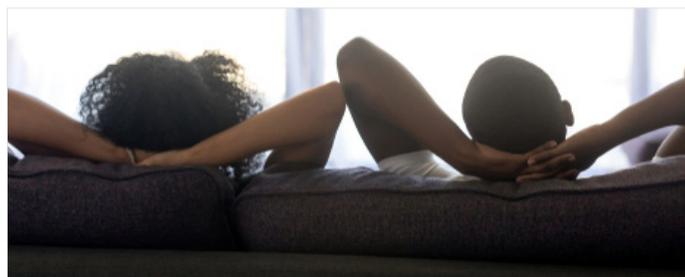
Get some nature therapy

Spending time outside in nature, sometimes referred to as forest bathing, has shown³ promising results with reducing depression, anxiety, and fatigue. The simple act of taking a walk outside can be an effective way to clear your mind and find creative solutions to problems.



Sleep

Getting at least seven hours of restful sleep each day is essential for good health. Sleep enhances cognitive function, which is essential for good problem-solving and reasoning skills.



Take some time to experiment with different recharging strategies to see which ones are the most effective for you.

2. <https://www.psychologytoday.com/us/blog/how-healing-works/201905/how-recharge-your-mind-and-body-therapeutic-yoga>

3. <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety>



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Protect Your Energy with Healthy Boundaries

Boundaries protect your energy. They represent your limits and communicate to others what is and what is not okay. Healthy boundaries can improve your relationships, and they can also preserve your energy for the things you value most.

Even so, boundary-setting can be awkward. Saying no means you might end up disappointing some people you care about, but it also makes it possible for you to allocate your energy more effectively and efficiently.

Here are three easy steps for setting healthy boundaries:

Define your boundaries.

Get clear about what is acceptable and what is not. For example, is it okay for your friend to call you in the middle of the night with a non-emergency issue? Is it okay for a colleague to demand something at the last minute? Knowing your limits is the first step to setting a boundary.

Communicate your boundaries.

Next, you will need to communicate your boundary. While it would be nice if others could read your mind, they cannot. You have to be clear about your boundaries if you expect others to respect them.

Honor your boundaries.

Boundaries are nothing more than ideas unless you honor and enforce them. You must be willing to be vocalize when someone violates a boundary, and take necessary action to correct the situation when possible and appropriate. Declining unreasonable requests, suggesting alternative solutions, and having honest, uncomfortable conversations are all forms of enforcing boundaries.



Boundary-setting is a delicate art that requires practice. It can take time to build skills in this area. It is not necessary to be curt or abrasive when setting boundaries. In fact, you will be much more effective when you do it with grace and kindness.





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RECIPE

Key Lime Pie Energy Bars

INGREDIENTS

- 20 pitted deglet dates (or 10 medjool dates, pitted)
- $\frac{3}{4}$ cup whole almonds
- $\frac{3}{4}$ cup raw cashews
- $\frac{1}{4}$ cup unsweetened shredded coconut
- Zest of 2 limes
- Juice of 1 lime
- Pinch of sea salt

INSTRUCTIONS

1. Place all ingredients into the bowl of a food processor.
2. Process until mixture is crumbly yet still holds together well when pinched between your fingers. If mixture is too dry, add another date and process again or add a splash of water. If mixture is too wet, add a few more nuts and process again until crumbly.
3. Press mixture onto a parchment paper-lined baking sheet forming a square about 9 x 9 inches (or roll them between your hands to form them into 16 balls). Place bars in the fridge to chill if they seem sticky.
4. Cut into 12 bars. Wrap in parchment paper and store in a covered container in the fridge for up to 1 week.



Total Time (Cook and Prep):

30 minutes

Servings: 16 balls or 12 bars



NUTRITION INFO

(per serving/1 bar or 2 balls)

Calories <i>kcal</i>	146
Carbs <i>g</i>	19
Fat <i>g</i>	8
Protein <i>g</i>	3
Sodium <i>mg</i>	14
Sugar <i>g</i>	14

Source:

<https://therealfoodrds.com/key-lime-pie-energy-bars/>



Wellbeing Activity

Make a Recharge List

Make a list of at least 10 ways you can recharge your mind and body. Here are some examples to help get you started:

- Take a nap
- Set a bedtime alarm
- Eat a healthy lunch
- Take a walk
- Do yoga
- Practice deep breathing
- Use essential oils

PROTECT YOUR ENERGY WITH HEALTHY BOUNDARIES

YOUR WELLBEING ACTIVITY

MAKE A RECHARGE LIST

Make a list of at least 10 ways you can recharge your mind and body.

THREE EASY STEPS FOR SETTING HEALTHY BOUNDARIES

DEFINE YOUR BOUNDARIES

Get clear about what is acceptable and what is not. Knowing your limits is the first step to setting a boundary.

COMMUNICATE YOUR BOUNDARIES

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HONOR YOUR BOUNDARIES

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Employer Completion Form

I, _____ successfully completed the **Recharge List** Wellbeing Activity by:

Signed,

Date
