



Micro Courses Handouts & Tools

Get Energized Cheat Sheet

What Makes You Feel Great? What are 3 things that are guaranteed to boost your energy? It might be a photo, a song, a stupid cat video- it doesn't matter what they are as long as they make you feel great. Reach for these things when you're feeling a bit sluggish and need an energy boost.

1.

2.

3.

Get Outside, Get Physical Remember when your mom used to tell you to go outside and play? I'm telling you the same thing. Take a 10 minute walk, ride your bike, go fetch something from a client or a teammate located in another building. There's lots and lots of research showing that movement + sunshine = energy!

Get a Checkup Get your annual physical. No excuses. Talk about everything with your doctor: stress management, crazy hormone changes, your energy levels. It's hard to be energized if you feel like crud, and it's easier if you're feeling great physically.

Get a Life!* All work and no play makes Jill a stress ball. Engage in a hobby or activity outside of work. Run, scrapbook, start a book club, cook. It doesn't matter what you're doing, as long as it turns your crank. BONUS POINTS if what you're doing involves other people and gets you around friends. *Many of us have responsibilities that revolve around our kid's activities (baseball tournaments, dance competitions, music lessons- oh my!) Find a way to make it fun and energizing for you. I've watched a fellow swim mom knit her entire family blankets and mittens through our years sitting at swim meets together. It makes her feel great, and she can do it anywhere.