

Ten Ways to Energize Your Life

by Winston J. Craig

Careful attention to the following factors will guarantee a healthier and more vibrant lifestyle.

1. **Manage stress effectively.** Constant stress can erode one's sense of well-being and sap your energy. However, when stress is properly managed, the mind is free to be creative, and one's energy is not needlessly dissipated.

2. **Exercise at least 30 minutes a day.** Maintaining an appropriate level of fitness does more than tone muscle and help maintain a healthy body weight. Without exercise the mind becomes sluggish. On the other hand, regular exercise freshens the mind, improves your sense of well-being, and lowers your blood pressure and blood lipids.

3. **Develop healthy relationships.** People with trustworthy friends and close family ties are less likely to become ill, and they experience better recovery when sick. Having meaningful relationships can energize a person in their daily routine.

4. **Take time for adequate rest and relaxation.** Don't let the pressure of meeting deadlines and the expectations of others drain your energy. Avoid fatigue. Have regular and sufficient sleep. Enjoy the weekly Sabbath as a special time of rest and renewal. An annual vacation is a great way to recharge the batteries.

5. **Maintain balance in your life.** Just as unbalanced tires can cause a car to wobble about the road at high speed and cause unnecessary tire wear, so a life out of balance can put you under unnecessary wear and tear, and stress and strain. A balanced life brings composure, inner peace, contentment, and better mileage for the journey.

6. **Eat a diet rich in antioxidants.** Whole grains, fruits, and vegetables (especially the richly-colored ones) contain a variety of health-promoting phytochemicals. Many of these substances are antioxidants that protect cells against cancer, cardiovascular diseases, and aging. Pomegranates, blueberries, cranberries, and other berries contain high levels of antioxidants. People who consume such foods that are also rich in fiber tend to have more energy.

7. **Nurture your spiritual well-being.** Regular Bible study will challenge the mind. Seeing the working of God in history builds confidence. A dynamic prayer life and helping those in need will energize a person.

8. **Maintain adequate hydration.** Even mild dehydration can impair a number of important aspects of cognitive function such as concentration, alertness, and short-term memory. Fluid restriction is also associated with significant increase in headache and tiredness, and impairment in reaction time, attention, and coordination. Proper hydration helps fight fatigue and promotes mental alertness.

9. **Keep a regular schedule.** An irregular lifestyle can cause one to experience a loss of mental acuity, diminished concentration, irritability, and diminished reaction times as if experiencing jet lag. Following a regular schedule, on the other hand, helps you keep mentally fresh and alert.

10. **Be proactive in preventing disease.** Take personal responsibility for your health care. Have regular medical and dental checkups. You will feel so much better when you are in control of your health.

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