

WHEENK! HEALTH

PREVENT THE AFTERNOON SLUMP

SOME TIPS FOR P.M. ENERGY

IF YOU'RE LIKE MOST PEOPLE, YOU'VE EXPERIENCED THE AFTERNOON SLUMP. YOU KNOW THE FEELING -- IT'S ONLY 2 P.M., YET YOU FEEL DRAINED. FORTUNATELY, YOU CAN EMPLOY METHODS TO REDUCE THE SLUMP'S FREQUENCY AND SHORTEN ITS DURATION.

DRINK WATER - YOUR BODY USES WATER EVEN IF YOU'RE NOT EXERCISING. IF YOU WAIT UNTIL YOU FEEL THIRSTY, YOU'RE ALREADY DEHYDRATED. KEEP A WATER BOTTLE HANDY ALL DAY.

AVOID SUGAR AND SIMPLE CARBOHYDRATES - WHILE A MID-AFTERNOON CANDY BAR MAY GIVE YOU A QUICK RUSH, IT ACTUALLY WORSENS THE SLUMP. INSTEAD, CHOOSE PROTEIN-RICH FOODS AND COMPLEX CARBS.

EAT SMALL MEALS - HAVE SIX SMALL MEALS OVER THE COURSE OF THE DAY INSTEAD OF THREE LARGE ONES. BIG MEALS CAUSE THE DIGESTIVE PROCESS TO DIVERT BLOOD FROM YOUR BRAIN TO USE IN THE DIGESTIVE TRACK.

EVALUATE YOUR LIGHTING - MOST OFFICES ARE LIT WITH COOL, WHITE FLUORESCENT TUBES, WHICH HAVE A TERRIBLE EFFECT ON HOW PEOPLE FEEL AND FUNCTION AT WORK. A BETTER OPTION IS FULL-SPECTRUM, FLUORESCENT TUBES.

TAKE TIME FOR WALKS - WALKING GETS YOUR BLOOD CIRCULATING, HELPS YOU BREATHE BETTER, AND STIMULATES YOUR BRAIN DUE TO THE INCREASED BLOOD FLOW. TAKE A 5- OR 10-MINUTE WALK DURING THE DAY.

MEDITATE - MEDITATION IS GREAT FOR REJUVENATING YOUR BODY. BY MEDITATING FOR 15 TO 20 MINUTES TWICE A DAY, YOU'RE KEEPING YOUR BODY CONTINUALLY ENERGIZED AND RESTED.

TAKE TIME TO BREATHE AND STRETCH - DEEP BREATHING EXERCISES GIVE YOU AN ENERGY BOOST. ALSO, STAND UP AND STRETCH TO INCREASE BLOOD FLOW AND STIMULATE THE LYMPHATIC SYSTEM.

HANDLE NEGATIVITY - NEGATIVE PEOPLE AND IMAGES CAN HAVE A DRAINING EFFECT ON YOUR ENERGY. MAKE A CONSCIOUS EFFORT TO STAY POSITIVE.

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