MANAGE YOUR ENERGY TO REDUCE STRESS

The Four Quadrants of Energy Management

Physical Energy
• Nutrition: Eat 3-5 small meals / day
• Hydrate: Drink 1 gallon of water / day
• Sleep: Sleep for 7-8 hours / day
• Physical movement: Move your body every 45 minutes

Mental Energy
• Meditation: Breathe deeply every hour
• Journal: Release your emotion
• Power hour: Complete the 3 most important tasks before checking email

Emotional Energy
• Gratitude journaling: List 3 things / day
• Act of kindness: Do one kind act / week
• Improve your Emotional Intelligence: Learn about the topic

Spiritual Energy
• Define your core values: Do a core value activity