

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**