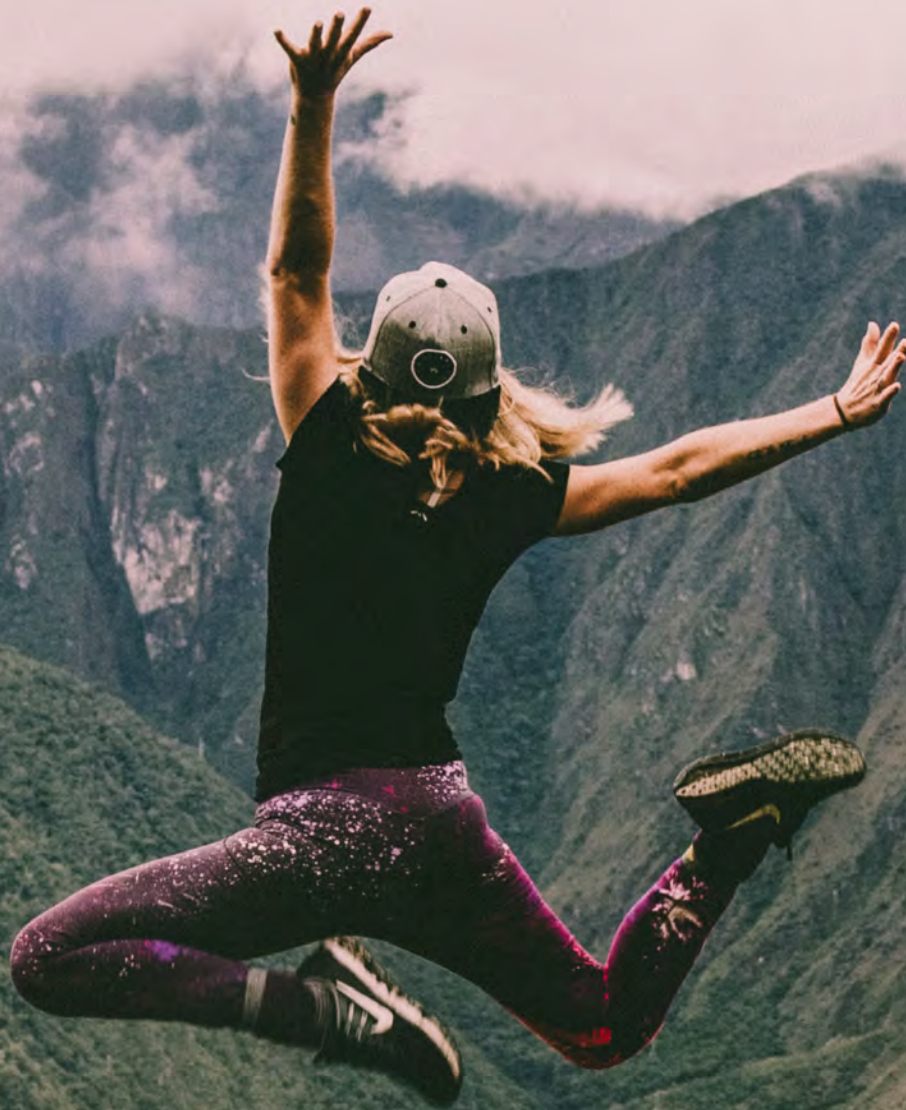




TRINITY
school of natural health



Boost Your Energy

Physical, Mental, and Spiritual

BY TRINITY SCHOOL OF NATURAL HEALTH

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By finding a balance that works for you, you'll be able to reach optimal energy levels without sacrificing any element of your health.

Whole-Body Wellness

When we're running on empty, it can go beyond tiredness. Our lack of energy can impact our thoughts and our actions, inhibiting our ability to make wise decisions and engage with the world around us.

Our diet, exercise, and sleep all influence our energy levels, but external actions are only part of total health. To support the body, mind, and spirit, it is important to look for natural energy sources that affect every aspect of well-being.

PHYSICAL ENERGY

Enhancing your physical energy can be the first step toward total wellness. To build on this foundation, evaluate your daily activities and the type of food and supplements you put into your body.

| Water

When you feel tired, water isn't usually the first thing that comes to mind. Many people may drink coffee instead or even a sugar-filled, carbonated stimulant. Dehydration can make us sluggish, but we can help every cell in our body function at its best by drinking enough water. Water helps transport essential nutrients and oxygen and carries away toxins, which are all crucial to optimizing our energy levels.



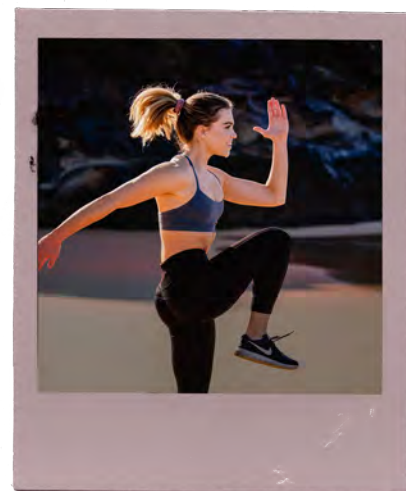
| Supplements & Vitamins

If you're always busy, it can be hard to balance the perfect combination of sleep and exercise with all of your other responsibilities. Fortunately, there are plenty of supplements that can help boost your energy, and you can take them with your first glass of water every day. These are a few of the most common:¹

- **Coenzyme Q10 (CoQ10)** is made naturally in the body, but when you don't produce enough of it, your body's cells can't create enough energy to grow, which can result in fatigue. If you have low CoQ10 levels, consider taking a supplement to support your body's natural production.
- **Vitamin B12** helps convert food into energy. While it is possible to get enough B12 from the food you eat, certain people (such as vegans, vegetarians, or individuals with GI problems) are at a higher risk of experiencing a deficiency. Taking high-quality B12 supplements can ensure your body maintains sufficient levels.
- **Creatine** is a common source of quick energy in your body. It enables you to complete high-intensity, short-duration exercises like sprints or weightlifting. When you take supplemental creatine, it can increase your body's energy stores and stamina.
- **Citrulline** increases nitric oxide in the body, enabling blood vessels' inner muscles to widen and increase circulation. As a result, more blood, oxygen, and nutrients can reach every area of your body and boost your energy levels.

| Workout Routine

Have you ever made a New Year's resolution to work out more, only to fall off the wagon by February or March? You're not alone. However, to achieve the benefits of exercise, commitment is key. Establishing a consistent workout routine is beneficial for long-term energy.² Consider implementing a regular walk two to three times per week or start attending aerobic classes, cycling classes, or swimming at a local gym. Try to keep yourself accountable to a routine rather than exercising spontaneously.



MENTAL ENERGY

The brain is the most powerful organ in the body; it affects everything, from how we see the world to how we respond to our circumstances. Even if you're physically healthy, your mental energy can still be lacking. These are some practices and activities that can boost your mind's well-being:

| Decluttering Your Headspace

Do you ever feel exhausted from trying to keep track of everything on your to-do list? It's easy to get caught up in your day and forget about your top priorities. Many experts say that writing things down offers clarity for your mind and reminds you where to invest your focus.³ Declutter your brain by starting your day with a to-do list, keeping a written calendar, or writing down a list of long-term goals that you can use to keep yourself motivated and on track.

| Try New Things

Living by a routine is often good for you, but getting too stuck to your schedule can force your brain into autopilot. This can keep you from the stimulation you need to feel mentally recharged. When you diversify your routine, it challenges your brain and keeps your thinking skills sharp.⁴ It also requires courage, which is a powerful mental muscle to exercise.⁵ If you're not sure which new activities will benefit you, start with one of these:

- **Join a book club**
- **Take dance lessons**
- **Enroll in a cycling class**
- **Start volunteering at a local organization**
- **Take a cooking class**

| Be Present

Did you know your brain uses about 20% of all the body's energy?⁶ That's more than any other organ. Negative thinking can drag you down, forcing you to dwell on the past or worry about the future instead of being present in the moment. Practice mindfulness to reset your thoughts, ease your fears, and boost your energy. If you are struggling with negative thinking or worry, you should also consider speaking with a counselor or a healthcare professional.



SPIRITUAL ENERGY

The third piece of your energy trifecta is your spiritual wellness. Are you waking up every day feeling compassionate, whole, and enthusiastic, or are you feeling bored and stuck? The state of your spirit is just as important as the state of your mind and body. To help balance your spiritual health, try these tips.

| **Meditate**

MRIs have shown that meditation can activate the part of the brain that calms anxiety.⁷ If you've never meditated before, remember it's important to start small. Find a calm, soothing space where distractions, such as noise and interruptions, are minimal. Set aside five to 15 minutes in the morning or before bed to create a haven for your mind, focus on your breath, and recenter your spirit.

| **Build Positive Relationships**

The people in your life should lift you up, not drag you down. Some even believe that we become like the people with whom we spend the most time. If you spend time with friends who bring joy, your spirit benefits. Negative people can have the opposite effect. Your spiritual wellness can reflect the energy of your peers. Ask yourself who you're surrounded by and how they're impacting your life. Then, think about whether or not it's time to move on from relationships that no longer serve you.

| **Take a Sound Bath**

A physical bath with relaxing essential oils can calm your mind. A sound bath with certain auditory elements can have a similar effect on your spirit. Some sounds and melodies have even been shown to create a shift in our brainwave state, enabling us to feel more relaxed.⁸

Conculsion Boost Your Physical, Mental and Spiritual Energy

To boost your energy naturally, it's important to focus equally on every aspect of your wellness. If you invest in your physical health without taking the time to evaluate your mental or spiritual state, you may still find yourself feeling exhausted. By finding a balance that works for you, you'll be able to reach optimal energy levels without sacrificing any element of your health.

If you're interested in learning about more restorative, energizing practices, consider becoming a Health Coach, a Certified Aromatherapy Specialist, or a Certified Holistic Fitness Specialist. Talk to an enrollment specialist by calling 800-428-0408, option 2.



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