

Managing Your Energy

by Chris Vasiliadis

OK, so we all have the same 24 hours a day and seven days a week to get everything done and live our lives. The common mistake I hear people make when they take on new wellness goals: "Oh, I just need to work harder." Maybe later on, but that wouldn't be where I'd start.

You'll get more mileage by playing off your energy, while reducing the energy drains in your life. When you operate from a place of positive energy, it's like time expands -- you magically get more done, with more accuracy and peace, and you feel better in the process. Who wouldn't want that?

So, where can you begin?

1. **De-clutter.** Finally, Spring has arrived! With that comes the annual Spring cleaning, along with the end of tax time. Begin attacking the clutter. Those piles of paper, clothes you no longer wear, books you don't need to keep. Such items drain energy from you and your surroundings. Block some time out, hire a professional organizer if necessary, and file, toss, or donate.

Along with the physical stuff, don't forget to clear the excess thoughts from your head. From the to do's (*Getting Things Done* is a great resource) to the worries: find ways to empty them out or to let them go.

2. **Get a decent night's sleep.** For me, that's 7-8 hours. Play with the time-frame to find your optimum range, and stick to it as many nights of the week as possible. Do something relaxing before going to bed (e.g., taking a bath, reading inspiring works), instead of watching the news.

3. **Use your high energy peaks to your advantage.** Where are you at your highest energy in the day? Plan your most cerebral tasks and brain-power work for that time. Return phone calls and emails during lower energy time.

4. **Create energy.** Do something every day that brings you joy and/or injects some good adrenaline into your life. Ideas include spending time in the sunlight or nature, going for a run, meditating, visiting an art gallery. Many of us have forgotten what makes our heart sing. Remind yourself with a daily shot of joy.

5. **Plan disconnect time.** After work, in between shuffling the kids around, or an afternoon break. Disconnect in a way that works for you. Shut off the phone, make a cup of tea, close your eyes and just sit in the stillness. Hide in the bathroom if you have to! We each deserve (and function better with) daily moments of peace.

6. **Re-evaluate your commitments and relationships.** Dread attending certain long-standing meetings? Decide what's necessary to preserve your wellness. Have a friend or family member who is an energy vampire (drains the life right out of you)? Wean away from them or cut your time with them as much as possible. Alternatively, if you feel alive and positive in certain people's company, keep hanging around them!

Chris Vasiliadis had a wake-up-call to her wellness in late 2005, when she was diagnosed with Multiple Sclerosis: a chronic disease of the central nervous system. That event initiated many lifestyle changes for Chris, ultimately leading to her improved health and new career as a Certified Wellness Coach. Through her business, Priority Wellness, she helps people regroup, recharge and take control of their wellness. With a special interest in helping sole proprietors and small business owners, clients come to Chris when they're tired, or tired of being tired. They know

they're not eating right, exercising enough or consistently, and/or not managing stress well, and they've had enough of living that way. Working over the phone with Chris, they make their wellness a priority and create new habits to master their well-being. Chris can be contacted at 781-791-7642 or chris@prioritywellness.com.