

REJUVENATE



FROM THE Inside Out!

Balancing items like work, family, and your social life can prove overwhelming at times. Simple tasks like replying to a message or taking the trash out can seem like daunting feats when you're feeling tired and rundown. If this sounds familiar, you're not alone. A recent survey conducted by OnePoll reveals that three in five Americans feel more tired now than they've ever been in their lives.[8]

The good news is that there are several simple and effective ways to get re-energized and revitalized. Here's how you can get some "oomph" back into your day:

Get your read on. A recent University of Sussex study discovered participants' stress levels decreased after less than 10 minutes of reading.[9] The study's authors noted that it doesn't matter what you read, so long as you're enjoying what you're reading. This type of engaged reading can provide an escape from the worries and stresses of everyday life. Maybe now's the time to join a book club!

Get creative in the kitchen. Making a home-cooked meal can prove relaxing and

reinvigorating, especially if you're cooking a favorite family meal or experimenting with new ingredients. Practice mindfulness while you're in the kitchen: take in the aromas and chop with purpose and calmness of mind. And a bonus benefit of cooking at home—it may help you live longer! People who cook at home up to five times a week are 47% more likely to live another 10 years, according to research conducted on a group of elderly Taiwanese citizens.[10]

Set a "breather" alarm. Taking a few minutes to simply focus on your breath can do wonders to recharge and relieve stress. Long, slow breaths in which you breathe in deeply and exhale slowly enable more air to flow into your body and can help calm your nerves, reducing stress and anxiety. Some studies even show that deep breathing can help you improve your attention span and lower pain levels.[11,12] Set a daily alarm on your smartphone so you remember to focus on your breath every day.

Check out your company benefits. We spend a good amount of our waking hours working, so it makes sense to recharge and rejuvenate at the workplace! Many companies have enhanced

their benefits to provide employees with ways to stay healthy and reduce stress. Onsite fitness facilities, cooking classes, and physical and mental well-being programs are just a few ways companies across the country are helping keep their employees healthy. Talk to your human resources department if you're unsure of what benefits and programs are available to you.

Venture outside. A 2019 study that included data from almost 20,000 participants found that spending at least two hours in nature per week can significantly boost health and well-being. The authors noted that the benefits remain whether you spend the two hours at once or break it up into smaller segments throughout the week.[13]

Hang with friends. Spending time with good friends can provide a much-needed escape from your day-to-day routine. Friends are also an outlet to share what's on your mind and listen to their feedback and advice. Spending time with friends not only boosts your mood, but can also help you gain fresh, new perspectives. Schedule a lunch or afternoon out with your friends this week!

[8] <https://studyfinds.org/exhausted-nation-pandemic-tired-energy> [9] <https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html> [10] <https://bit.ly/2w8ncFC>

[11] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070> [12] <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1526-4637.2011.01243.x> [13] <https://go.nature.com/3hTKoQt>



Make time for your hobbies. Spending time on an activity that you enjoy can improve your mental health and well-being. In fact, research shows that people with hobbies are less likely to suffer from stress, low mood, and depression.^[14] Whether it's watching movies, dancing, painting, etc., find time for the activities you love.

One Nation Under Stress

Employees of all ages and professions are experiencing the impact of stress, fatigue, and mental health challenges. A recent survey conducted by OnePoll reveals that three in five Americans feel more tired now than they've ever been in their lives.^[15]

Ask the Expert ...

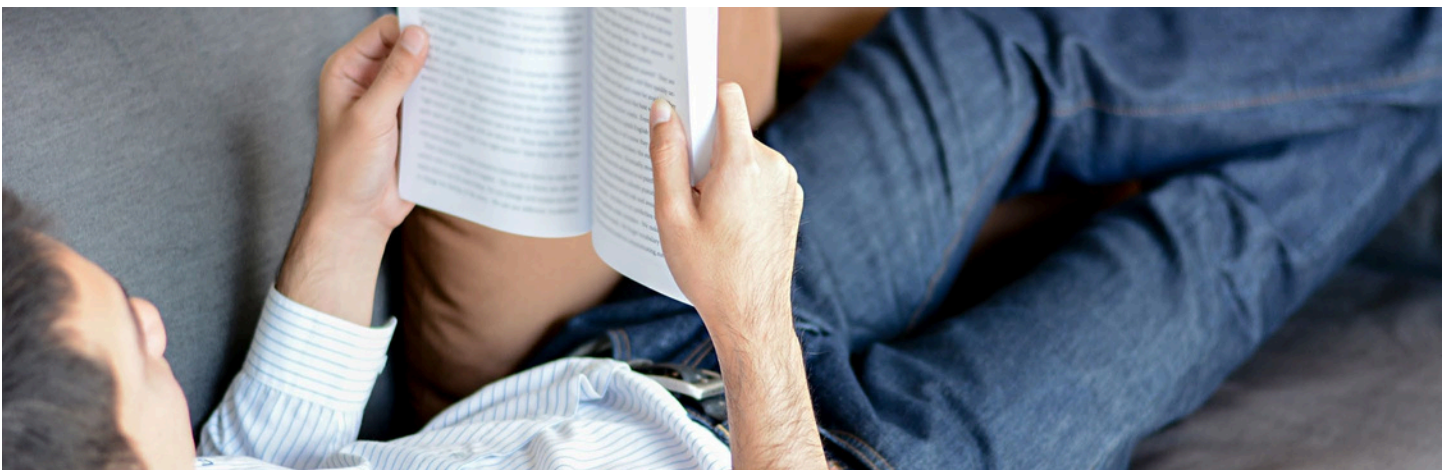
How can I tell the difference between a bad day and burnout?

There's no universal test or way to medically diagnose burnout, but there are some signs and symptoms that are usually associated with burnout.

These signs include:

- » Feeling cynical or critical at work
- » Having to drag yourself to work
- » Difficulty performing at work; decreased productivity
- » Irritability with co-workers, customers, or clients
- » Lacking the energy to focus
- » Having negative feelings and low satisfaction about your job

Keep in mind that we all have stressful, bad days. With burnout, the feelings are chronic and don't go away. See a healthcare professional if you're dealing with stress you can't manage.



^[14] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2863117> ^[15] <https://www.indeed.com/lead/preventing-employee-burnout-report>