

Boost Your Energy Levels

A quick guide to fight fatigue from Montana Unified School Trust

In these darker winter months, it's not uncommon to feel worn out and weary at the end of the day.

If you find yourself feeling sluggish, having difficulty staying awake, or pounding cups of coffee just to make it to lunchtime, you're not alone.

Fortunately there are plenty of healthy actions you can take to reduce fatigue and boost your energy levels. By making a few small changes to your daily routine, you can significantly affect how energetic you feel, along with many other aspects of your health.

GET MORE SLEEP

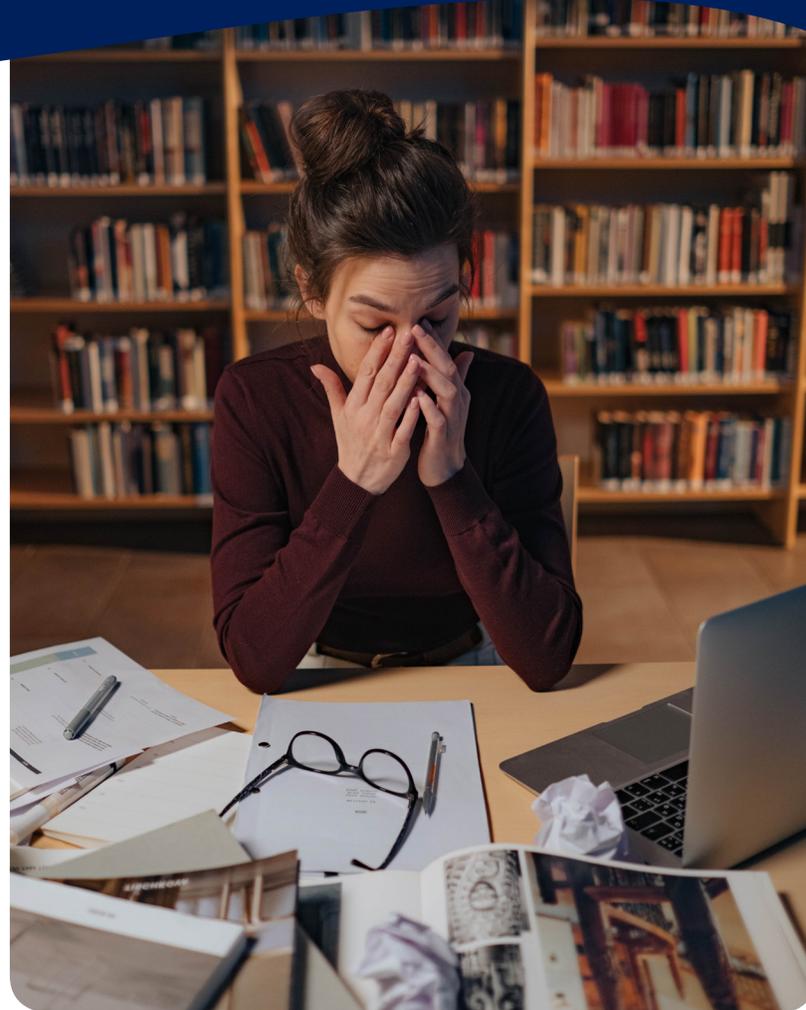
This may seem like a no-brainer, but not getting enough shut-eye drains your energy levels and affects your overall health.

- The amount of sleep a person needs can vary (usually 7 to 9 hours) and roughly 1 in 3 adults fall below these numbers.
- If you have trouble sleeping, you may benefit from setting a regular sleep schedule and winding down at the end of the night by taking a bubble bath, reading a book, or listening to relaxing music.
- If you have racing thoughts before bed time, try addressing your stressors and writing them down to release your worries from your mind and let your brain know it can take a break.

MOVE MORE

Research suggests that adding more physical activity to your routine could fight fatigue and increase your energy levels. It can be challenging to find motivation to begin, so start small.

- Incorporate exercise into your day by going for a walk on your lunch break, taking the stairs instead of the elevator, or walking or biking to work or school.
- It helps to find a gym culture that is right for you. Try out some classes at different gyms to see what kind of activities and people inspire you to keep moving!



CONNECT WITH PEOPLE

Even the most introverted people need social connection. It's proven that social isolation can cause low mood and tiredness.

If you're feeling tired or in low spirits, it can be helpful to try socializing with friends to get out of your own head and gain fresh insights.

Need ways to connect with people?

- Volunteer in the community
- Join a gym
- Take your dog to the park
- Go to a trivia night
- Take a class
- Shop local

THE BOTTOM LINE

If you feel tired, it's worth taking a look at your lifestyle to see which healthy changes you can make to boost your energy levels and help you feel your best.



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