

10 WAYS TO MANAGE YOUR ENERGY LEVELS THROUGHOUT THE DAY



Staying hydrated at work is key. Just a 1-2% dehydration level will start bringing about unhelpful side effects for performing at work.



Keeping your fuel levels topped up throughout the day will really help you perform consistently.



Think about what you eat before you start work so you are prepared for key moments in the day.



Scan yourself regularly and pay attention to your energy levels and how you feel.



Check for mental and physical energy. Keep an energy diary for a week or two, see what changes you notice within a day and across several days.



Prioritize your work in relation to your energy levels.



@BELIEVEPHQ



Work out what your early warning signs are for slumps in energy and decide on some simple refueling tactics.



Learn how to unplug yourself from work. Rest and enjoy your days off. Find time to schedule some fun activities that you can take part in.



Start thinking about managing your energy first, rather than your time.



If your energy levels are fuelled and you're well hydrated, your main building block for your energy is your sleep.

Managing Your Energy At Work

Zhe Xu



Managing Your Energy At Work:

Managing Your Energy At Work Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Managing Your Energy At Work**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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