

21 Ways To Beat Exhaustion



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1. Balance Blood Sugar. Unbalanced blood sugar can cause you to have energy highs and lows throughout the day. Eat well balanced meals containing fiber, lean protein and complex carbohydrates every few hours to keep blood sugar and keep energy stable.

2. Get a Good Nights Sleep. Sleep is so important for our body, it is our hormonal reset button. When we don't get enough hours of sleep at night it causes us to feel tired and lethargic all day long. Set up proper sleep habits; a dark room, bedtime rituals, proper meal before bed, etc. to get a good nights sleep.

3. Get physical first thing in the morning. As soon as you get up in the morning start the day with some physical activity. Just a short burst of exercise will get blood flowing and increase energy that can last all day. Simple exercise like jump squats, push ups, dips and some stretch can help increase energy all day long.

4. You may also want to get physical with someone else first thing in the morning too...if you know what I mean. Having an orgasm can help release feel good hormones that can keep you energized all day long!

5. Take an afternoon nap. Taking a power nap in the afternoon can help to boost energy. Be sure to keep it short around 20-60 mins and when you wake up you should feel refreshed and ready to go on with your day.

6. Get outside and get some sunlight. Sunlight gives us energy, it is also how our body makes Vitamin D, which is crucial for energy levels. Going outdoors and exposing yourself to natural sunlight is a natural way to get an energy boost.

7. Start your day with a high protein breakfast. Eating a breakfast that is high in protein can set your day up for increased energy. When eating too many carbohydrates at breakfast it can set your day up for an energy crash, but when you balance it with lean proteins you will be able to keep your energy up during the day.

8. Drink water all day. Dehydration can cause you to feel tired and sluggish. Drinking ample amounts of water all day can help to keep you hydrated and feeling energetic.



9. Manage stress. Stress can be a large energy zap. Worrying, fear, anxiety and other stresses in life can leave you physically and mentally exhausted. We will never get rid of stressors in life but we can learn to manage how we react to our stress. Activities like yoga, deep breathing, leisure walking or any other activity that helps you to feel calm should be added into your day.

10. Eat less sugar. When eating foods filled with sugar your blood sugar will spike, giving you a temporary energy boost but will soon fall and make you feel more lethargic. When focusing on eating lean proteins, complex carbohydrates and lots of fresh fruits and staying away from processed foods that contain large amounts of sugar will help to keep energy levels stable throughout the day.

11. Check your blood work. There can be many reasons for daily exhaustion can occur and analyzing your blood work by a professional can help you figure it out. Your thyroid, adrenals, iron levels and vitamin and mineral deficiencies can all play a role in your daily energy levels.

12. Address your Thyroid. Having under functioning can not only be source of exhaustion but also extreme frustration. When your thyroid isn't working at optimal levels it can cause exhaustion, weight gain, and many other health issues. See your doctor to have a full panel of blood work done on your thyroid and then work with a professional who specializes in thyroid to help to bring it to optimal levels.

13. Iron levels. Decreases in iron in the body can be another hidden reason for feeling run down or tired in your daily life. Iron deficiency can occur from not eating enough foods that contain iron or when your body has poor digestive absorption. Symptoms of iron deficient anemia include fatigue, poor concentration, reduced physical and mental endurance.

14. Adrenals. When we continuously stress the body through extreme dieting, excessive working out, environmental stresses, sleep deprivation or just the stress of life in general the adrenals will suffer. If we are constantly stressed by any of the reasons I previously listed our bodies will react by having high cortisol levels. Continuously having elevated levels of cortisol will stress the adrenals which leads to us feeling exhausted. When your adrenals are stressed making you feel exhausted all the time you want to reduce stressors in the body to help restore balance.



15. Have some chocolate. When looking for a energy and mood boost grab some dark chocolate (not milk or white which is filled with mostly sugar). Chocolate has some caffeine and mood boosting endorphins that can help make you feel more energetic. Just keep the indulgence to a moderate amount. One of my favorite chocolates is ME Craving Cocoa, you can find it [HERE](#).

16. Fill up on Green or green juice. Vegetables are not only loaded with vitamins and antioxidants but also filled with energy. Vegetables are carbohydrates that can easily be broken down into energy in the body.

17. Laugh. Laughter has been shown to help reduce stress levels but it has also been proven to boost energy levels. Spend some time with people that make you laugh or check out some funny You Tube videos to increase energy into your day.

18. Breathe. Deep breathing moves oxygen through the body and helps to improve circulation which leads to increased energy. When you are feeling lethargic or have an energy slump spend just a few minutes deep breathing to help bring oxygen into your body and increase energy.

19. Listen to some music. Music can help change your mood whether it be listening to relaxing music or upbeat fun music. Throw on some upbeat music and do a little singing and dancing and you will feel your energy soar in just a few seconds.

20. Use aromatherapy. Aromatherapy can help to increase energy by working on a cellular level in the body. Peppermint, Citrus Oils, and Eucalyptus can all help to increase energy. Place a few drops on the palm of your hands or the bottom of your feet and take a deep inhale of the sent to help boot energy naturally.

21. Sip on Green Tea. Green tea not only contains a large amounts of antioxidants but also contains caffeine that can help boost energy.

22. Increase Magnesium intake. A magnesium deficiency can be one reason behind your exhaustion. Taking a magnesium supplement or increasing foods like almonds, hazelnuts and fish that have amounts of this mineral will help to boost energy levels. Magnesium is used in over 300 biochemical reactions in the body, including breaking down glucose into energy. Swhen magnesium levels are low, energy can drop.





Hi! I'm **Sabrina Sarabella** and thank you for downloading "21 Ways To Beat Exhaustion." I hope that you find some helpful tips and tools to help you have more energy.

More than 10 years ago, I began suffering from brain fog, a sluggish thyroid and exhaustion among other health concerns. I went from doctor to doctor trying to figure out what was wrong. I spent a lot of time and money looking for someone to really listen to me and not just put me into a one size fits all program.

Through that process I learned about multiple ways to improve my health. Now I am on a mission to help women and teach them what I wish I'd known years ago.

I have my Master's in Science in clinical nutrition in addition to being a personal trainer, yoga, pilates, and cycling instructor. I am the author of the Woman's Guide to Empowered Health. I want to help you live a happier, healthier life.

As a clinical nutritionist I will customize a program designed specifically for you, specializing in:

- Weight/Fat Loss
- Adrenal Issues
- Weight Loss Resistance/Metabolic Damage
- Hormonal Balancing
- Digestion
- Brain Chemistry Balancing
- Fertility and Infertility
- Pre/Post natal
- Food Sensitivities
- Auto-immune issues
- Metabolic Damage/Rehab
- Disordered Eating
- Blood Test Analysis
- Hormonal Saliva Testing

