



Natural Ways to Boost Your Energy

(And Why It's OK to Rest)

**Feeling tired, overwhelmed or running on empty?
Before reaching for caffeine or energy drinks, prescription pills or even illegal substances, try these natural ways to recharge your body and mind.**

Start with Sunlight

Step outside within 30 minutes of waking up. Morning light helps regulate your body clock and improves mood.

Move for 10 – 20 Minutes

A short walk increases circulation, sharpens focus and boosts energy naturally.

Hydrate First

Fatigue is often dehydration. Start your day with a full glass of water.

Fuel with Balanced Meals

Pair protein and fiber (yogurt and nuts, eggs and fruit, chicken and veggies) to prevent energy crashes.

Protect Your Sleep

Aim for consistent sleep times and limit screens before bed.

Take Short Mental Breaks

Step away, stretch, breathe deeply or simply pause. Breaks improve productivity and prevent burnout.

It's OK to Rest!

- Rest is not lazy.
- Rest is productive.
- Slowing down protects your mental health.
- You don't have to earn your break.

True energy comes from balance — not constant busyness.

The Heart of New Ulm Brown County Chemical Health Action Team encourages simple, sustainable habits that support both physical and mental well-being.

Take care of your energy.

Take care of yourself.



Heart of New Ulm
Supporting a culture of wellness

*Brown County
Chemical Health
Action Team*