

**If you're living on caffeine, sugar or adrenaline to get through the day,
consider a different approach.**

**10 Tips to Conscious Eating, Conscious Living
and Sustaining Your Energy Throughout the Day**

1. **Fuel yourself with nutrients throughout the day** to maintain sustained mood, concentration and energy.
2. **Plan ahead.** . Have tasty and nutritious foods available so you will be less vulnerable to sugar and caffeine (which set you up for an energy yo-yo). Organize your clothes and food for the next day to minimize the morning rush. Get places early; you'll get to have a few minutes for yourself and you'll avoid stress.
3. **Focus on one task at a time.** Multi-tasking can actually be inefficient as your mind can only focus on one thing at a time. If you need to multi-task, do it consciously and be sure to take breaks to breathe and allow your mind and body to relax.
4. **Bring joy into your life.** Do something that nourishes you every day – experiencing nature, prayer or gratitude, reading, a bath or simply enjoying your friends or family. Drink it in.
5. **Practice conscious eating.** If you eat at your desk or in the car, it is difficult to get the break your mind and body need and the satisfaction the food fulfills. Slow down your eating - you will enjoy it more, be satisfied with less and you will feel more energized if you don't overeat. (It's also the simplest way to lose weight.)
6. **Give yourself a break!** Taking periodic breaks throughout the day will allow stress to dissipate rather than accumulate. Breathe. Stretch. Relax.
7. **Take care of your body.** Nourish yourself with water, rest, exercise and oxygen for sustained energy, concentration and a sense of well-being.
8. **First things first.** Tackle your most pressing and important priorities first. You will feel a sense of accomplishment, get rid of nagging worry and avoid the crises that result from procrastination.
9. **Notice your negative thoughts but don't believe them!** Negative thoughts stem from habit and our current mood and state of mind. They create stress and drain your energy. And usually, they are inaccurate.
10. **Don't beat yourself up.** When you make a mistake, try to learn from the experience and then let it go. We change through understanding and compassion, not by berating ourselves.

These “10 tips” are practices from *Conscious Eating, Conscious Living; A Practical Guide to Making Peace with Food & Your Body*” by Barbara L. Holtzman, MSW, LICSW, psychotherapist, hypnotherapist and lifestyle coach. Barbara’s workshops and talks are offered at All That Matters as well as colleges, hospitals, and professional conferences. For a schedule of her workshops, to order her book or to obtain further information about her approach, her website is www.makingpeacewithfoodandyourbody.com. or you can contact Barbara at (401) 789-0777 or by email at barbaraholtzman@cox.net.