

Mental Health Awareness

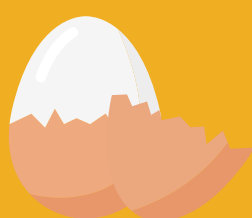
Boost your energy in 10 easy steps

Your default setting may be to care for others first, but now is the time to be kind to yourself, too. Follow the tips below and you'll be amazed at how soon you will start to feel more energised.

1

Wake-up call

Create a new habit to drink a glass of water at least once when you wake up and before bed to keep yourself hydrated and energised.



Go to work on an egg

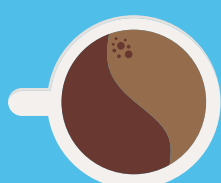
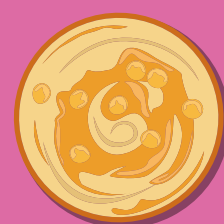
Boil half a dozen eggs that are packed with B12 and keep them in the fridge for a few days. Easy way to enjoy a nutritious breakfast with toast.

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Snacks with benefits

Try a small pot of houmous or nut butter with slices of apple. The healthy fat in the dip will help balance the sweetness of the apple and give you a longer-lasting energy boost.



Be more caffeine aware

To maximise the energy tea and coffee provided while working, save your first tea or coffee until after 10am and enjoy your last one before 2pm.

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Ready, steady... drink milk

Milk is full of carb and protein that are easy to digest while rehydrate and boost your energy levels!



Go bananas

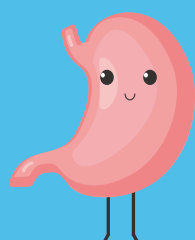
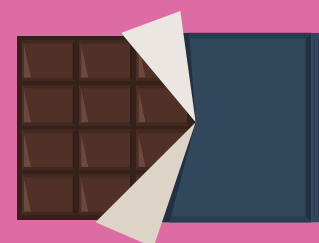
Bananas are the go-to food for energy. They are packed with carbohydrates and good-for-you vitamins, which promote sleep and more energy.

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Keep calm and eat chocolate

Instead of having chocolate as a treat, tag it into a meal. It contains immune-boosting nutrients and helps avoid a sugar crash.



Follow your gut instincts

Follow your gut as it can reflect your emotion. Try to make your breakfast and snacks in advance for when you are hungry and treat your gut with love.

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Pack a nutritional punch

Bulk up a salad by mixing cans of frozen vegetables, they are as beneficial as fresh! - nutritious and ready to go in under five minutes.



If you only do one thing...

Too many suggestions? Try one of the above every day for a week and by the end of day seven you should notice an improvement on your energy levels.

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