

Optimize Your Energy for High Performance

With many of you working from home or returning to the office and managing extra stress, it's important to balance your energy. Time is a finite resource but energy can be renewed. How can you produce more energy so that you have enough to share across all things that are important to you?

Energy comes from four wellsprings:
body, emotion, mind, and spirit.



Body

Prioritize sleep, nutrition and exercise

Focus on movement, healthy eating, fresh air, and deep breaths. Intermittent breaks after every 90-120 minutes of focused work results in more sustainable performance.



Emotion

Manage challenges and feelings

When under pressure take a moment to notice and acknowledge your emotions. Try writing in a journal to sort your feelings, or talk to someone you trust. Express appreciation to others to raise their spirits and yours.



Mind

Clear your mind for focus

Identify the most important challenges for the next day each night before bed. It can be helpful to clear your mind before you rest. Meditation can help with mental clarity.



Spirit

Clarify priorities and passions

If the work you are doing really matters to you, you typically feel more positive energy, focus better, and demonstrate greater perseverance.

Meditation is the formal practice of setting aside time and space to be with your thoughts. It can help you develop mindfulness. But why is it important?

You can't change what you can't notice.

Research shows that after 8 weeks of mindfulness meditation, the “fight or flight” center of your brain appears to shrink. This reduces stress.

“**The greatest weapon against stress** is our ability to choose one thought over another.” - William James

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The roof of all health is in the brain. The trunk of it is emotion. The branches and leaves are the body. The flower of health blooms when all parts work together.

-Kurdish saying