

WTNS Radio OSU Extension Update for March 18, 2019
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about ways to boost your energy level!

My colleague, Jenny Lobb who works for OSU Extension in Franklin County, recently posted an interesting article to our Live Healthy Live Well blog. OSU Extension's Live Healthy Live Well team is committed to providing resources to help all of us live healthier lives.

Here are some interesting things that Jenny has to share about energy management:

The average person's energy capacity peaks around age 25 or 30, but demands on our time increase with age. Many of those demands are due to responsibilities we choose to take on, such as raising families and taking promotions at work. However, that doesn't lessen the squeeze we feel trying to do more in less time. While we are unable to add more hours to the day no matter how hard we work, experts suggest that managing energy rather than time can help you feel more satisfied and less stressed in your life. It may also improve your physical, mental and social health, since we tend to sacrifice sleep, relationships, exercise, healthy eating and more when we feel caught up in the demands of day-to-day life.

You can begin to manage and maximize your energy better when you understand the four different dimensions of energy. There are strategies you can use to improve each of them in your own life. As you listen to these dimensions, think about whether you are engaging in energy promoting or energy depleting behaviors in each category.

The first dimension of energy is **Physical**. Increase the quality of your energy by getting enough sleep (aim for 7-8 hours per night), staying active (aim for at least 150 minutes per week), and drinking water instead of sugar sweetened beverages.

The second is - **Emotional** - Increase the quality of your energy by spending time with positive people, completing a random act of kindness, and making meaningful contributions to team efforts.

The third is - **Mental** - Increase the focus of your energy by slowing down, taking time to breathe, process and reflect, and practicing mindfulness.

The fourth dimension of energy is **Spiritual** - Increase the force of your energy by practicing gratitude, creating a personal mission statement, and setting boundaries in your personal and professional life.

To maximize energy, you need to recharge yourself every time you expend a significant amount of your energy. But, rather than viewing the change as “one more thing” you have to do, try to view the change as an investment in yourself. You might ask yourself the following reflection questions to identify realistic, attainable changes you could make:

Who or what is getting my energy?

Is my energy flow aligned with what I want or value in life?

If the answer to the second question is “no”, it might be time to make a change in the direction of your energy flow. Your life will feel more purposeful and meaningful when your energy flow aligns with your ultimate life goals and values. Take some time today to evaluate whether you are using your energy in a way that invigorates and revitalizes your whole self.

I invite you to participate in our next Live Healthy Live Well Email Challenge. It is oh so simple to sign-up and is a completely free service. All you need is an email address. Just visit our website at coshocton.osu.edu or find us on Facebook at OSU Extension Coshocton County. You'll receive emails twice a week from April 8 – May 20 to provide you with some tips and encourage you to Live Simply and Live Well during this “Refresh” challenge.

We still have a couple of spots remaining for the OSU Extension Dining with Diabetes program. The deadline to register is this Friday, March 22. Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. The program includes sampling healthy foods and discussion with a registered dietitian or certified diabetes educator about skills to manage diabetes.

Dining with Diabetes will be held on Monday evenings in April from 5:30-7:30 pm at Roscoe United Methodist Church. The total cost of the program is \$20 per person. To register visit coshocton.osu.edu or contact OSU Extension at 740-622-2265.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!