**Sneaky Ways to Feel Energized All Day Long**

Imagine feeling energized all day long: no afternoon slump, no heavy eyelids, and no nodding off at your desk. Sounds like a fantasy, right? Well, we believe that feeling energized and productive all day long is totally achievable when you practice healthy habits.

When that feeling of afternoon fatigue settles in, many of us reach for another cup of coffee or hit the vending machine for a sugary, caffeinated beverage. However, sugar and caffeine are only a temporary fix that can lead to a nasty crash later.

If you are looking for some natural ways to feel energized all day long, here are some tricks that will keep you from ordering that extra shot of espresso:

**Get your heart pumping.** A morning workout is a fantastic way to start your day. You’ll receive an instant energy boost and increased mental clarity that will lead to a productive day at the office. If a morning workout isn’t possible to fit into your daily schedule, sneaking in a workout over your lunch break is also a great way to beat your afternoon slump.

**Grab a piece of dark chocolate.** Feeling drowsy? Nibble on a small piece of dark chocolate. Dark chocolate contains theobromine, a natural stimulant similar to caffeine. This delicious treat will help you feel more alert and serve as an instant pick-me-up when you’re feeling sluggish.

**Get some fresh air.** Spending time outdoors is the ultimate energy-booster. Since your workday most likely entails being indoors most of the day, it’s important to set aside some time each day to go outside. [Research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793346/) has shown that spending time outdoors can reduce stress hormones and lower blood pressure. Even a five-minute walk around the office parking lot will give you an instant jolt of energy.

**Eat for energy.** When you [eat healthily](http://info.totalwellnesshealth.com/blog/heres-why-you-want-your-employees-to-eat-well), food becomes [fuel for your body](https://www.forbes.com/sites/alankohll/2017/03/08/food-as-fuel-how-leaders-power-their-days/#15161aaa2734). Be sure to eat a nutritious breakfast and pack a lunch and snack that will increase your energy. A lunch packed with whole grains, fresh fruit, veggies, and healthy protein will prevent heavy eyelids after your lunch hour.

**Add some plants.** Adding some pretty plants to your desk area does more than just spruce up your work environment. Studies have shown that plants can boost creativity, increase productivity, and contribute to improved feelings of overall wellbeing. Check out this [list](http://earth911.com/home/garden/plants-for-the-office/) of easy-to-care-for and energy-boosting plants to add to your desk.

**Laugh more.** There’s a reason for the expression “laughter is the best medicine”. Laughing has many proven health benefits including stress relief and an improved immune system. Laughter releases our body’s happy chemicals – triggering a natural energy boost as well as an improved mood. Find as many reasons to laugh throughout the day as possible!

**Meditate.** Practicing certain breathing techniques will increase both energy and productivity, while also boosting mental clarity. Take a 5-10 minute break during your workday to practice an [energy-boosting meditation session](https://www.youtube.com/watch?v=w62HwTxf2mk). Not only will you feel refreshed, you’ll feel less stressed and ready to tackle the rest of the workday.

**Stay hydrated.** Start hydrating first thing in the morning and continue to [drink enough water](http://info.totalwellnesshealth.com/blog/bid/352579/6-Ways-to-Increase-Water-Consumption-In-Your-Office) throughout the day. Even mild dehydration can lead to fatigue and headaches. Keep an insulated water bottle at your desk so that you have easy access to fresh, cold water all day long.

**Go crazy with lemon.** Aromatherapy can do more than just calm you – it can perk you up as well! Lemon oil is considered to be a stimulating scent that increases concentration and alertness. Keep a lemon air freshener at your desk to help combat any sleepiness throughout the day.

**Get enough sleep!** Obviously, we have to remind you just how important your 7-8 hours of beauty rest is each night. Sleep deprivation will leave you feeling drowsy all day no matter how much coffee you drink or how many energizing tricks you try. The best way to ensure you have steady energy all day long is to get enough quality sleep.

The bottom line is that taking care of your body will keep you feeling energized all day long. The proper amount of quality sleep along with some of the tricks listed above will help prevent that dreaded afternoon slump, and keep you alert all day long. Feeling energized will help you stay productive, happy, and positive throughout the workday. Not to mention, you’ll save some cash when you no longer need to buy that afternoon latte!