

OFFICE OF THE CHIEF WELLNESS OFFICER

Fueling Your Journey: Maximizing Energy

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Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life



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Summary – Skills Building – Week 2



Define your purpose



Clarify your priorities



Align your goals



Maximize Your Energy

healthathlete.osu.edu

4 Dimensions of Energy



Physical

Quantity



Mental

Focus



Emotional

Quality

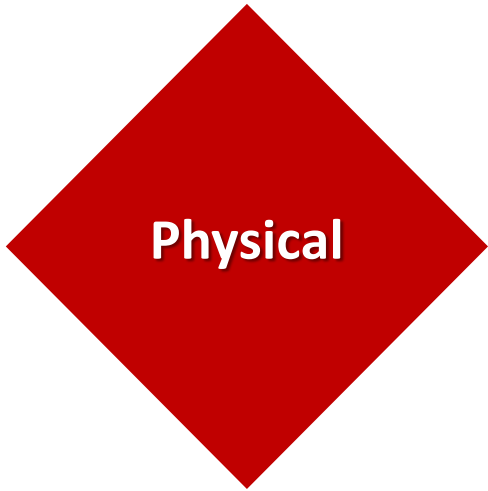


Spiritual

Force



Improve Your Physical Energy

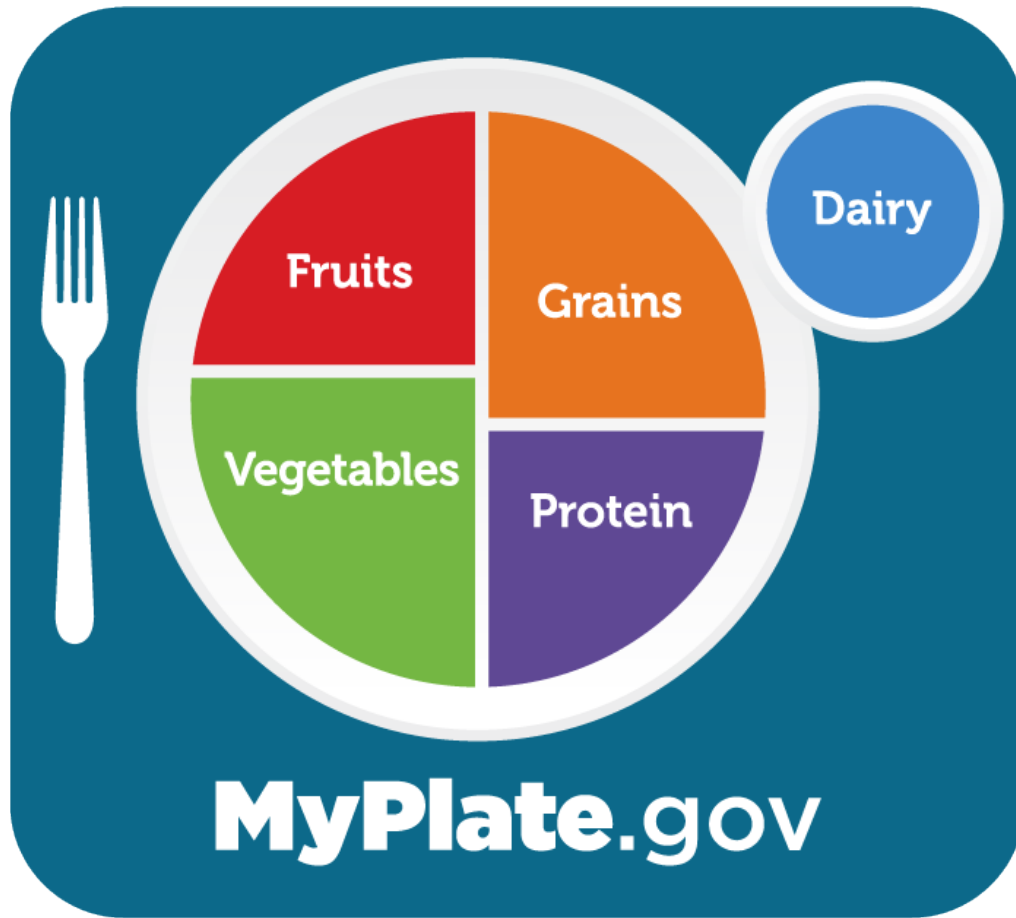


Quantity

- Get enough sleep – aim for 7-8 hours a night
- Stay active – aim for at least 150 minutes of moderate-intensity physical activity a week
- Sit less, move more
- Stay hydrated – chose water over sugar-sweetened beverages
- Nourish your body with nutritious foods



Healthy Eating Resources



NationalNutritionMonth.org



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Improve Your Mental Energy



Mental

Focus

- Slow down
- Take breaks
- Take time away from technology
- Be mindful in the moment
- Breathe, process, reflect
- Chunk your time
- Find ways to relax



Improve Your Emotional Energy



Emotional

Quality

- Be positive
- Spend time with positive people
- Call family and friends regularly
- Laugh
- Get plenty of Vitamin G (gratitude)
- Do random acts of kindness
- Lend a helping hand
- Deep breathing



Improve Your Spiritual Energy

- Create a personal mission statement
- Invest your time and energy in the things and people that matter most to you
 - Who or what is getting your energy?
 - Is your energy flow aligned with what you want or value in life?
- Set boundaries in your personal and professional life



Force





You are not required to set yourself on fire to keep others warm!

[No is a complete sentence](#)



How to Better Manage Energy

- Take time to rest and recuperate
- Don't hang on to the negatives
- Give yourself a daily boost
- Identify and get rid of energy depleting behaviors



Set a SMART Goal

- What is one small change you can make this week?
- Specific
- Measurable
- Attainable
- Relevant
- Timebound



Establish a New Habit, Ritual or Routine

- [Habit stacking](#)
- The Habit Coach – heart.org/habits
- Create a weekly action plan
 - What specific action do you want to do?
 - How much?
 - When?
 - How often?

**Increase your physical activity
by stacking your habits.**

Pair a simple workout with one of your daily rituals.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

Week 3 Skills Building

- Manage your energy, not your time, to improve your overall health and well-being
- Identify strategies in each dimension of energy management (physical, mental, emotional and spiritual) that work for you
- Use goal setting, action planning and habit stacking to establish new habits, routines or rituals



Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation.

**This survey will be sent via email to all registrants.
This and all future series recordings can be found at:**
<https://u.osu.edu/hopedreamconnect2/>

**Please remember, to be eligible for raffle prizes,
you must complete 5 out of 5 knowledge checks and post surveys by 11:59pm March 29th.*



Join us next week!

March 15, 2023

12:30 – 1:00 pm EST

There's a Bend in the Road: Adapting to Life Transitions

Patrice Powers-Barker

Extension Educator, Family and Consumer Sciences

Ohio State University Extension Lucas County



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Questions?

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- Live Healthy, Live Well blog [article](#) on energy management
- Energy for Hope (week 4) [webinar recording](#)

