

Five Simple Ways to Shift from Exhausted to Energized

~ in 30 minutes or less ~

Have you ever been hit by that wave of exhaustion that leaves you feeling empty and cranky right around 3p?

Sometimes you've wanted a quick fix, like chocolate or caffeine, to perk right back up to carry on through the evening.

The thing is, there are really powerful, simple ways to boost your energy without any substances required.

These five easy and effective practices will help you feel more vibrant and alive...whether you've only got one minute or 30, choose what feels best for you!

Love + Peace + So Much Ease,

Denise 

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1. Gift yourself a 30 minute power nap

If you're feeling especially exhausted {or cranky!}, set your timer with a gentle sound to awaken you, grab an eye pillow, and maybe some ear plugs, and get comfy on your couch or bed.

Really focus on your breath to help you relax and consciously allow ease to wash over your body.

Set your intention that you will feel energized when you rise again.

Enjoy the stillness, soak up the relaxation, feel the ease.

And remember to let go of any guilt about giving yourself this gift...self lovin' care is a gift to yourself + to everyone around you.

So go ahead, give yourself permission to enjoy loving you.

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2. Recline in Savasana for 20 minutes

Recline on a yoga mat, your floor, or maybe even a soft patch of grass at the park. Whatever suits you is just right.

Allow your eyes to close softly and let your breath be natural.

Separate your legs so they're wider than your hips and rest your arms by your sides with palms turned up.

An alternative hand placement is bringing one hand to your heart and one to your belly...to really tune in to the flow of your breath and the beat of your heart.

Now, all you do is rest.

Relax.

Surrender.

Release your thoughts.

Soothe your body.

Reemerge feeling light and energized.

20 minutes of deeply breathing in Savasana {aka corpse pose} can absolutely transform the state of your mind and body.

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3. Meditate for 10 minutes

Remember there is no right or wrong way to meditate.

The point is to align with your higher consciousness, your deeper wisdom, your pure love.

Let yourself experiment with what feels right for you.

Choose your seat.

Traditionally, meditation is practiced in easy pose, lotus or half lotus.

You need not be traditional to practice meditation.

You can meditate anywhere, really.

Lying on your bed, standing in the middle of a forest, walking along the beach.

You choose.

Now allow your eyes to gently close as you become aware of your breath.

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Do your best to stay focused on the present moment, acknowledging but not engaging in your thoughts.

Give your focus to the present.

Add a simple mantra to your inhalation and exhalation to help maintain focus.

One beautiful mantra is So Hum, meaning “I am that.”

This expression invites the busy mind to calm and focus on the essence of being rather than doing.

Alternatively, you may want to add a visualization, like imagining any thoughts to transform into leaves that fall upon a stream and float away.

Whatever you choose, just practice.

Simply allow your meditation to be a means to tune in to you, to free your mind of the busyness of thought, and to align with your inner wisdom.

The more you meditate, the more ease and energy you will feel. I promise.

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4. Put your legs up the wall for five minutes

Even if your life is uber~full, you can still fit this in to your schedule!

Set your timer with a gentle ring to remind you when five minutes has passed.

Then find a wall with open space on the floor.

Sit down with one hip against the wall.

As you recline onto your back, lift your legs so they are vertical.

{Another option is to recline + rest your legs on a chair or couch with knees bent at a 90 degree angle...do whichever version feels best for your body.}

Relax your hands by your side or on your heart and belly.

Now close your eyes and breathe deeply and slowly.

Your body and mind {and everyone around you!} will thank you for taking a few minutes to rest and rejuvenate yourself to move forward through your day with more grace and energy.

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5. Get cozy in child's pose for one minute

If you're feelin' exhausted and only have a moment, then find a soft spot on the floor, come to your hands and knees, and push your booty back to your heels.

Rest your body on your thighs and relax your head to the Earth.

There are countless variations to this ancient posture, so do what feels right for your body in the moment.

I especially like bringing my knees wide with my big toes touching + letting my body ease between my legs as I reach my hands overhead on the floor + relax my forehead to the Earth.

After you've given yourself about 10 deep breaths, slowly lift your body and carry on with your day feeling more connected, relaxed, and at ease.

Your life is precious. You deserve to enjoy it.

Give yourself the gift of relaxation and notice how much more ease, energy, and joy you'll invite into your relationships and your life.

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