

50 Energy Boosting Activities

Physical Boosters

1. Stand up and stretch for 30 seconds
2. Take a brisk **5-minute walk**
3. Do **10 jumping jacks** or **arm circles**
4. Shake out your hands and legs to release tension
5. Dance to an upbeat song 🎵
6. Do a quick **yoga pose** (like a power stance or backbend)
7. Walk up and down a flight of stairs
8. Try a **1-minute plank or wall sit**
9. Roll your shoulders and do neck stretches
10. **Change your posture** (sit up straight, open your chest)

Environmental Boosters

11. Get **10 minutes of natural sunlight** ☀️
12. Open a window for **fresh air** 🌬️
13. Adjust your lighting—brighter light can increase alertness
14. Step outside for a **change of scenery**
15. Clean or organize a small area of your space

Nutritional Boosters

16. Drink a **glass of cold water**
17. Eat a **protein snack** (nuts, yogurt, cheese, eggs)
18. Have a **piece of fruit** for a natural sugar boost 🍏
19. Drink **green tea** for a mild caffeine lift
20. Chew gum or suck on a mint for sensory stimulation

Cognitive & Mental Boosters

21. Solve a quick puzzle (word search, Sudoku, brain teaser)
22. Do a **2-minute deep breathing exercise**
23. Practice **progressive muscle relaxation**
24. Doodle, color, or sketch something
25. Read an **inspiring quote or affirmation**
26. Challenge a **negative thought** (reframe fatigue as manageable)
27. Do a **mental check-in**: What's one thing I can focus on now?

- 28. Listen to an **energizing podcast**
- 29. Set a **small, achievable goal** for the next hour
- 30. Watch a short **funny video** 🎥

Social Boosters

- 31. Call or text a **friend** for a quick check-in
- 32. Have a **brief conversation with a coworker**
- 33. Smile at someone or **give a compliment**
- 34. Watch a **motivational speech** or TED Talk
- 35. Engage in **positive self-talk**

Sensory & Mood Boosters

- 36. Listen to **upbeat music** 🎵
- 37. Play a **game or trivia** for 5 minutes
- 38. Smell a **refreshing scent** (citrus, peppermint, eucalyptus)
- 39. Try **tapping (EFT) on acupressure points**
- 40. Light a candle or turn on a diffuser

Break & Reset Boosters

- 41. Take a **5-minute mindful break**
- 42. Change your task to something **more engaging**
- 43. Step away from screens for **at least 2 minutes**
- 44. Do a **quick meditation** or body scan
- 45. Close your eyes and take **3 deep breaths**

Focus & Motivation Boosters

- 46. Write down **one thing you're looking forward to today**
- 47. Set a **timer** and challenge yourself to complete a small task
- 48. Create a **to-do list** and cross off one thing
- 49. Visualize **how you'll feel once you accomplish something**
- 50. Remind yourself: "**Energy isn't all or nothing—I can create it.**"

💡 **Which 3 strategies will you try this week? Circle your favorites!**