



Wellness Wednesday

Weekly health & wellness tips for Grand County.

What Energizes Your Spirit?

“People tap into the energy of the human spirit when their everyday work and activities are consistent with what they value most and with what gives them a sense of meaning and purpose.” (*Manage Your Energy, Not Your Time*)



Finding purpose at work and in your career can lead to more fulfillment, and give your life meaning both on and off the job. Bearing in mind that **every** job comes with tasks that are your least favorite thing to do, there are still simple things things you can do to align your personal and professional purposes:

Enjoy the simple things. Make a habit of paying attention to the small things throughout the day, and focus on the things that make you happy.

Improve your work environment. Enhance your physical workspace...add photos of your loved ones, decorations, or other things that make it more welcoming and personal.

Acquire new skills. Learning how to execute new tasks or effectively use new software can help you feel motivated and challenged, which may increase your engagement and interest in your profession.



Refueling.

Just as your phone needs charged, so do you. It can help to...



Find a little quiet in every day - a few minutes of actual, *literal*, silence.

Try something new. A new recipe, a new activity, a new trail...

Volunteer. Being of service to others can help quiet our own mind.

Get outside. Being in nature has been shown to reduce blood pressure, heart rate, muscle tension and the production of stress hormones.