

Feeling Terrrrrrific

Does it seem like lately you just haven't been feeling up to par? You wake up in the morning and don't have the energy to get around. By the end of the day your body is totally drained. Maybe a cold has been plaguing you for the past several weeks and you can't seem to get over it?

Dealing with sickness can leave you feeling unproductive and discouraged. You may begin to think that you will never feel better. Here are a few tips to help you in your battle against the "blahs."

Search For Clues

Think about your day and see if something specific is causing you to feel miserable. When do you begin to have pain or discomfort? Is it in a stressful situation that a stomach starts to act up, or you get one of those terrible headaches?

Get Your Zzzzs

Feeling poorly is often attributed to not getting enough sleep. Lack of sleep causes your body to have harder time coping with demands. It is vital that you allow yourself plenty of time to sleep so your body can catch up, rejuvenate for the next day.

Eat For You

Consuming a diet of junk foods can quickly drain your body. Make sure you eat foods filled with the vitamins and minerals you need to stay healthy. Many people have a tendency to skip breakfast because they are in a rush. Eating a complete breakfast, every morning will give you an extra boost throughout the day.

Make Fitness Your Friend

Although you may not feel like exercising, it is important to stay fit. Being in shape will help you overcome the "blah" feeling brought on by a lack of energy.