



## Feeling exhausted? Energy saving tip...

How are your energy levels? *“Great!”*, you say. (Then make a note of what you’re doing because it’s working, so keep doing it!) *“Moderate to low”* or *“Exhausted!”*, daydreaming about running away to a deserted island with nothing to do, no demands to meet and no-one to answer to? Then your batteries are almost flat. It’s time to recharge and a mini-holiday may just be the key.

***“But I have too much to do...”***

Energy levels can be quickly recharged by quality socialisation, ‘play time’ and doing something creative. Right brained (artistic/creative) and ‘child-like’ activities promote energy restoration, better sleep, calm the adrenals and boost recovery to name just a few benefits. You may have noticed after an afternoon spent with friends or doing something fun that your energy goes up and the ‘effort’ of the week seems less, perhaps much less. Not only are these activities like plugging into an express recharger, they also affect memory perception in a significant way.

**Memory is not as accurate as we think...**

It’s subjective and selective. The mind grabs onto ‘highs’ and ‘lows’ and ‘bookends’ (the beginning and end of a section of time or an event). The work or struggle in the middle of these ‘bookends’ is quickly forgotten. Therefore, if you start and end your week with something creative or social or break the week up into sections, where 30 minutes or more mid-week are allocated to ‘play time’, the memory of that week will become much more positive. It will seem easier and more relaxed and the drain on your batteries will significantly reduce, despite the workload in the middle being the same. A ‘mini holiday’ (i.e. 30 minutes of fun) is enough to dramatically alter the impact of workloads and daily demands.

**Still need more reasons to play?**

Not only will your energy levels go up, your brain function will too. Effective problem solving and resilience are directly linked to time spent in creative pursuits. What are some of your favourite ‘play time’ or creative activities? (art, craft, cycling, dancing, gardening, etc.) Boost your energy levels, social connections and performance by consistently scheduling play in your week.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au)

©Bare Hands 2015

- ✓ Exhaustion is linked to long periods spent working without regular down time or time spent being creative for fun’s sake.
- ✓ Memory is not accurate - it pinpoints highs, lows and ‘bookends’.
- ✓ Socialising and creativity are express rechargers.

***“Success is liking yourself, liking what you do and liking how you do it.”***

*Maya Angelou*

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



**Roxy Lebsanft** Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

**Bare Hands**  
Practical life strategies for women