When you wake up in the morning, how do you feel? Are you ready to start the day or do you feel tired and unsure of how you’re going to make it through? If you feel tired and ill-prepared for the day, it may be time to use ways to manage your energy. The goal of “energy management” is to focus on energy-boosting activities that help you feel good, motivated and ready to go, while avoiding energy drainers that can deplete your drive and motivation. Try these tips:

**Energy booster: Healthy eating**
Eating small, frequent meals throughout the day can help keep your metabolism stoked and energy levels up. Healthy, between-meal snacks like nuts or vegetable sticks dipped in hummus can also help sustain your energy. **Energy drainer: Poor nutrition**

**Energy booster: Exercise**
Strive for at least 150 minutes of moderate activity each week and make sure you have a well-rounded routine! Performing exercises that you enjoy will give you an added boost. **Energy drainer: Sedentary behavior**

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**Healthy ways to flavor foods**
In a quest to eat more healthfully, you may be searching for ways to reduce butter, salt and sugar in your meals. One way is to experiment with using tasty substitutes like herbs, spices, fruit and yogurt to make your everyday dishes extra delicious, while reducing sodium, fat and calories. Try these tantalizing trade-offs:

**Skip the salt shaker.** Buy--or mix up your own--herb and spice blends. Here are some ideas:

- **Garam masala blend.** This standard seasoning used in many Indian dishes, such as chicken curry, can be a great way to add zing to homemade salad dressing, soups and stews, and more.
- **Adobo seasoning.** Versions from Mexico, the Caribbean, and the Philippines can feature cumin, paprika, turmeric, chipotle and other spices to add pizzazz to chicken wings, tofu and fish.
- **Italian seasoning.** Beyond flavoring tomato-based dishes, try using this familiar blend of basil, oregano, garlic and thyme to flavor olive oil to dip bread, as a marinade for chicken, and for sprinkling on roasted veggies.

**Ban the full-fat butter.** Instead, try heart-healthy oils such as canola and olive oils; switch out butter for applesauce in baked goods; and use low-fat yogurt on baked potatoes or for baking cakes and breads.

**Swap out the sugar.** Use cinnamon, ginger, nutmeg, mint and cardamom for baked goods or for sprinkling on oatmeal, or in tea and coffee. Try substituting a cup of smashed blueberries or pomegranate juice for a cup of sugar in your next cupcake, cake or cookie recipe.

**Use fruit to add zip!** Zest the peel of lemons, limes or oranges to increase the flavor in marinades, salad dressings, baked goods and more.

For more information, including recipes for herb/spice blends, visit: [http://blog.healthadvocate.com/2020/02/flavor-food-the-healthy-way/](http://blog.healthadvocate.com/2020/02/flavor-food-the-healthy-way/)
Maintain mutual respect for coworkers

During difficult times, when opinions can drastically differ and tempers may flare during conversations, it’s important that you continue to foster mutual respect for your coworkers. **Follow these tips:**

- **Stay positive.** Remember that disagreements are often a result of our varying backgrounds, experiences and what we’ve learned and believe. Honor those differences and the freedom to have them.
- **Be a good role model.** Treat others the way you would want to be treated.
- **Try not to interrupt.** Truly listen, and give the other person the attention you would like to have.
- **Limit strong conversations in the workplace** where a heated debate could lead to unnecessary conflicts.
- **Breathe deep to “buy time”** so you can act thoughtfully and not just react. Count to 10 to gather your thoughts.
- **Sometimes it’s best to give a polite reply and simply walk away.** An example: “You’ve given me some things to think about. Thank you.”

- **Take the high road.** Be part of the solution instead of fueling the problem. Channel your strong convictions into making a positive difference—like volunteering for a cause, for example—while respecting those who believe differently.

**Remember,** if you find yourself struggling with respect and acceptance of others or with having upsetting confrontations, reach out to a Licensed Professional Counselor for guidance.

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National Nutrition Month

Good nutrition is about having a well-rounded diet, and it’s easier to do—and more fun—than you may think. **For ideas, visit:**