Energy Management

Our most critical human resource is OUR energy. Most of us fail to manage it effectively.

We are in Crisis

We are sleeping less, working more, & not optimally performing.

And there is more...

Researchers have also found clear links between poor sleep and reduced quality of life on the job. A study last year showed that people who monitored their smart phones for business reasons after 9 p.m. were more tired and less engaged the next day at work. Others studies have unearthed a link between insomnia, bosses, and abusive behavior. And many have examined the correlations between lack of sleep and medical conditions like dementia and diabetes.
A few solutions... Behavior therapy | Sleep Options Pharmacology | Sleep Hygiene

Sleep is not the only challenge to our energy...

<table>
<thead>
<tr>
<th>Alabama</th>
<th>Physical inactivity</th>
<th>Smoking</th>
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<td>RANK 46</td>
<td>1 in 4 adults in Alabama are physically inactivity with 69.7% male and 70.3% female.</td>
<td>21.1% of persons in Alabama ate cigarettes with 14% males and 9% females.</td>
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Factors of Energy
What do we need to measure?
What do we need to manage?

One of every three U.S. children born after 2000 will develop diabetes by age 50.

How many of our children today will be our employee in the future?

What are the Drivers to their Olympic success?
Perhaps – age | training | genetics | coaching | vision | motivation | goals.

DEMAND VS. CAPACITY CURVE

Source: Human Performance Institute
Age is just a number...

She's not the only Olympian getting attention for her age in Rio. At 31, Michael Phelps is oldest swimmer to win an individual gold medal in Olympic history after his triumph on Tuesday night. At 35, Anthony Ervin is the second-oldest U.S. Olympic men's swimmer since 1904.

U.S. cyclist Kristin Armstrong, who turns 43 on Thursday, won her third consecutive gold medal in women's time trial on Wednesday. She's the oldest female cycling medalist of all time.

The Energy Pyramid

ENERGY IS FOUR-DIMENSIONAL

It All Begins With...

YOUR MISSION
Do you spend more energy worrying about the ‘charge’ of your smart phone or YOUR charge?

LIGHT is Multi-dimensional.... so is Human Energy.

The Dimensions of Human Energy

Quantity: the volume of energy you have to invest in your mission. Energy is made available through the physical body.

Quality: follows the physiology of emotion. Survival based emotions (fear, anger) have lower quality energy than opportunity based emotions (hope, confidence, sense of adventure, challenge, creativity).

Focus: laser focus & attention allows for greater strategic work.

Force: the intensity of the work that aligns with the values & beliefs of an individual and organization (passion, determination, commitment) to overcome challenges.

Are you leading with energy? Are you engaged in life? Do you have your mission?

Are you leading with your best energy?

We believe that energy is the ultimate competitive advantage. Based on pioneering research and trials with elite performers including basketball stars, NFL players, Olympic athletes, and business leaders, the Johnson & Johnson Human Performance Institute has developed the Energy Engagement Model. The model centers on the concept of human energy. Increasing and sustaining energy leads to a higher level of engagement which in turn creates higher performance, better outcomes, robust relationships, and stronger leadership.

In terms of energy, being fully engaged and thriving in your best self occurs when you are physically strong, mentally focused, emotionally stable, and purpose driven. The model requires an understanding of the five dimensions of energy: mental, emotional, social, physical, and spiritual.
The above pyramid shows the transition of your Overall Engagement score.

Each dimension is shown in a different color. The numerical value of each dimension is listed in the left of the pyramid under that dimension name. The values show your engagement in that dimension as a percentage. The value of color in each dimension corresponds to the percentage of engagement given to the level of the pyramid.

- Fully Engaged (95% and above): This suggests that your energy management skills are excellent. You level of engagement is sufficient to fully ignite your talent and skill. You must work to exploit your level of engagement.
- Engaged (89% to 94%): This suggests that your energy management skills are high, but not sufficient to fully ignite your talent and skill. You must work to exploit your level of engagement.
- Disengaged (79% to 88%): This suggests that significant obstacles stand in the way of fully igniting your talent and skill. It becomes an overwhelming pursuit, you must deal significantly with energy management skills.
- Senselessly Disengaged (90% and below): Your level of disengagement not only significantly undermines your ability to fully ignite your talent and skill, but also increases disengagement in others. When levels of disengagement such as this are seen, the health, happiness and productivity can be severely compromised.

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### Ways to Boost Energy: 6:00 am Waking Up

Set the alarm 15 minutes earlier than needed. Allow sunlight to enter in your bedroom to help wake up with adrenalin.

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### Ways to Boost Energy: 7:00 am Break the Fast

Everyone eats breakfast, some just do so after 8:00 pm. Power up with carbohydrates, protein and healthy fat choices.

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### Your Emotional Energy Quadrant

![Image](https://via.placeholder.com/150)

- **High Energy**: energized, connected, challenged, hopeful, aligned, proactive
- **Positive Energy**: content, peaceful, relaxed, valued, reconnected, realigned
- **Low Energy**: exhausted, burned out, depleted, hopeless, sad, grieving
- **Negative Energy**: angry, frustrated, tense, defensive, fearful, anxious

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### 10 Strategies to Guide You

![Image](https://via.placeholder.com/150)
Quiz: How many Americans lead healthy lifestyles?

Ways to Boost Energy:

**8:00 am Take a Moment**

Pause as you begin work to identify the priorities for the day, remove the non-essentials from your desk and take a mindful minute to relax. Then begin your day with a positive statement.

**10:00 am Cup of Joe**

Try coffee or green tea for a mid-morning break. Caffeine steps up the body’s metabolism and may help with mental focus and energy. Don’t consume caffeine after 6pm if it interferes with your sleep.

**12:00 pm Power Lunch**

**Lean Meats**

Lean pork, lean beef, skinless chicken, and turkey are amongst the healthiest options for lean protein that include the amino acids needed to repair and build muscle. Lean meats have the same ‘essential amino acids’ (leucine, isoleucine and valine) that can help you feel more alert and focused. Meats also contain vitamin B12, which may help ward off anaemia and depression.

**Add Color**

Add lots of fruits and vegetables in your diet. Eating colorful fruits and vegetables helps you to get a variety of nutrients. Try to eat a rainbow of colors, for example. Other hydrating foods include oatmeal and quinoa, which help up their water intake.

**6-8 servings of whole grains**

**4-5 servings of fruits**

**4-5 servings of vegetables**

**2-3 servings of oils and fats**

**Exercise for Energy**

Besides diet, exercise is another tried-and-true way to boost energy and mood. Once a single돔 the frequency and duration, the more active you get, the more benefits. Studies show that regular exercise may help ease depression and anxiety. And the more active you are, the better your body that give you more energy all day long.
Ways to Boost Energy:
2:00 pm Rest for a Moment
A mere 10 minutes will boost your energy for the rest of the day. Siesta anyone?

Ways to Boost Energy:
3:00 pm Keep the Snack and Eat Less More Often
Frequent Meals
Another way to keep your energy, mood, and blood sugar steady: Eat small meals and snacks every three to four hours, rather than a few large meals. For example, between meals, eat a small salad or a piece of fruit.

Ways to Boost Energy:
3:00 pm Hydrate Often
Water
Staying hydrated can help you avoid getting tired. Some authorities suggest even mild dehydration can slow your metabolism and sap your energy. The solution is simple—drink plenty of water or other unsweetened beverages throughout the day.

Ways to Boost Energy:
4:00 pm Take a Moment to Share HAPPY
Consider a relaxing bath, a book, and the joys of closing your eyes.

Ways to Boost Energy:
6-7:00 PM Dinner of Salmon
Salmon
Fatty fish, such as salmon, is rich in omega-3 fatty acids, which may combat against depression and be good for heart health. Mellanese fish, sources of omega-3 include nuts and hearty dark green vegetables.

Ways to Boost Energy:
9-10:00 pm Find Time for Rest
Find time for rest of 7-9 hours each night. Avoid bright screens, smart phones, and TV.