



## Where Do You Get Your Energy?

The Centers for Disease Control estimate that 2.2 million people of all ages, educational levels, and walks of life suffer from marked fatigue lasting more than 6 months. One of the leading authorities on chronic fatigue syndrome describes our current situation as “an epidemic of exhaustion spreading through our country.”

Most people today are running on adrenaline (which is supposed to be for a short-term, fight-or-flight reaction), and this is taxing our adrenal glands. Our pace of living is rushed, rapid-fire, and relentless. We face crushing workloads and try to cram as much as possible into every day.

In their book **The Power of Full Engagement**, Jim Loehr and Tony Schwartz emphasize that *managing energy*, not time, is the key to enduring high performance as well as to health, happiness, and life balance. The number of hours in a day is fixed, but the quantity and quality of energy available to us is not. A Summary of Ideas from their work is available at <http://www.melbabenson.com/articles.php>

Without the right quantity, quality, focus, and force of energy, we are compromised in every activity we undertake, and we have far more control over our energy than we realize.

I don't know about you, but I'm having to get serious about making changes in my life that will give me the energy

required to do everything I need to do and want to do. However, I am faced with the same dilemma you are *What can I do, and how will I find the time to do it?*

Recently I participated in a 30-Days of Energy Program in which Jon Gordon, <http://www.jongordon.com>, provided an energy boosting strategy to incorporate into our daily routine. The most appealing aspect of the program to me was that each strategy took only 10 minutes. All of us waste 10 minutes a day, so why not find this 10 minutes and do something productive. Most of us aren't in a position to make major changes in our lives, but making simple changes will bring powerful results.

Jon Gordon's book, **Become an Energy Addict**, includes 100 tips for gaining and sharing energy and is a must read for anyone who is struggling with fatigue. Also, you can click on Jon's website, <http://www.jongordon.com>, and subscribe to his weekly e-zine of energy tips, download a free copy of his 10-Day Energy Addict Challenge, and access other articles he has written. Although all of Jon's articles are excellent, the one you must read is *“Fight Fatigue With Short Energy Breaks”* that was published on WebMD on March 18, 2004. A direct link to the article is <http://my.webmd.com/content/Article/84/98018.htm>

Jon's ideas are making a difference in my life. Try them, and let me know which work best for you.

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New Articles at  
<http://www.melbabenson.com/articles.php>

“Summary of Ideas from The Power of Full Engagement”

“Close Energy Leaks for Success”

“Slowing Down to the Speed of Life”

“We must learn our limits. We are all something, but none of us are everything.”

- BLAISE PASCAL

“Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out. It is the grain of sand in your shoe.”

- ROBERT SERVICE, WRITER

“Inward calm cannot be maintained unless physical strength is constantly and intelligently replenished.”

- GAUTAMA BUDDHA

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