

# Got Energy?

written by Guest Author | December 5, 2018

Running on empty? Feeling exhausted? Or finding yourself hitting that 3p.m. energy slump that makes you want to fall asleep in your client's arms? If so, the way you are nourishing your body (or not) may have something to do with it. As a Wellness Counselor, you are so busy taking care of others, often times, taking care of yourself can fall by the wayside.

What you eat is vital to your energy and productivity, not to mention your overall health. You can supercharge your day by choosing a breakfast that combines lean protein, healthy fats, and fiber. Some examples include a vegetable omelet with berries, whole grain toast with almond butter and sliced banana, or greek yogurt with blueberries and flax seeds. These nourishing options will help keep your energy stable throughout the day.

Next, choose afternoon snacks with the same theme in mind as above. Lean protein, healthy fat, and fiber. Healthy options include hummus or guacamole with sliced veggies, raw nuts (pistachios, almonds, or walnuts), organic turkey breast with flax crackers, or a piece of fruit with almond butter. Keeping your body fueled with nutrient dense food helps to maintain your energy levels.

Drinking plenty of water is also a key component. Staying hydrated helps with concentration, productivity, prevents headaches, digestive problems, and maintains energy levels. Aim for 8-8 oz. glasses daily.

Now, even the most compliant Wellness Counselor's get tired, and many reach for a quick fix of caffeine for energy. But, caffeine provides only a temporary energy boost. And too much caffeine can cause unstable blood sugar levels leading to cravings and sleep disruption. Consider a cup of green tea instead, packed with antioxidants, or warm lemon water. Many times people grab that extra cup of coffee out of habit. So replace it with something else and soon you will develop a new healthier habit.

Last, don't go hungry or skip meals. Eat often, around every three-four hours to stabilize blood sugar levels. If you find your schedule is packed and don't have time to eat a proper meal, make sure to have healthy snacks on hand. You can make mini meals out of snacks, so have your emergency snack pack on hand, always!

As a Wellness Counselor, taking care of you first is the best gift you can give yourself and your clients! Taking care of you allows you to show up as your best self for everyone you care for!

To your health & happiness, xoxo,

Amy

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[Amy Salman](#) is the Founder and CEO of [The Wellness Map](#). She is a nutritionist and wellness expert and educator.

Amy was suffering with chronic illness since the age of 12. After her diagnosis with Hashimoto's disease as an adult, she had enough of simply surviving and the plethora of medications from doctors. With a complete shift in her diet, complemented by a holistic lifestyle, she freed herself from all unmanageable symptoms and unnecessary medications. Her success in her holistic approach led to the creation of The Wellness Map and a relentless pursuit to uncover root causes of illness and people's why's. The Wellness Map creates nutrition and wellness programs for individuals, groups, and corporations to help others achieve vibrant health and vitality.

Amy has been a guest speaker on The Greenberg News Show, Madhouse TV, the nutrition panel expert for BNP Paribas CFO/COO Hedge Fund Summit, and leads nutrition lectures and events throughout the tri-state area.