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.