

Thrive Across America**healthwörks**
by KAISER PERMANENTE.

Beating the mid-afternoon blahs



Maybe you didn't sleep well or the workday has been stressful. Whatever the reason, some days you may find your eyelids drooping and your mouth yawning in the mid-afternoon. What can you do to beat the blahs?

- **Sleep.** Getting solid, restful sleep is the most important way to boost your energy. Unfortunately, sleep problems seem to be the norm for many. Aim for eight hours a night and try to stick to a consistent sleep schedule, even on non-work days.
- **Exercise.** Morning exercise can help energize you for the work day, so try getting up a few minutes early for a brisk walk or a stop at the gym. Also, reserve 10 minutes of your lunch break for a walk—it's a quick refresher and great for your health.
- **Nutrition.** Avoid the temptation to hit the vending machine for a sugar rush to perk you up. Sodas and candy might boost your energy for a short while but, after the rush fades, you'll likely feel even more tired. Instead, opt for low-fat protein and complex carbs. Try tuna on whole-grain crackers, almonds and apple slices, or celery and peanut butter.

We are providing links to other Web sites as a convenience to you, but this does not imply benefit coverage or formal endorsement by Kaiser Permanente. We do not vouch for or assume responsibility for the material contained on the sites to which we link.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc. in Northern and Southern California and Hawaii · Kaiser Foundation Health Plan of Colorado · Kaiser Foundation Health Plan of Ohio · Kaiser Foundation Health Plan of Georgia, Inc. Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 (404) 364-7000 · Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. in Maryland, Virginia, and Washington, D.C. · 2101 E. Jefferson St., Rockville, MD 20852 · Kaiser Foundation Health Plan of the Northwest 500 NE Multnomah St., Portland, OR 97232