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.

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