



Canadian Mental  
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Champlain East  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Champlain Est  
*La santé mentale pour tous*

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## How to boost your energy in January

With the hustle and bustle of the recent holiday season, some of us are most likely experiencing low energy. While most Canadians like to start the new year with good intentions, when the energy is low, it is harder to follow through with them. According to CTV News, 70% of Canadians who set New Year's resolutions fail to stick with them throughout the year, 4.7 months being the average! So the question is: How can you boost your energy to remain motivated? This article will provide some strategies, which could be useful.

### First strategy: Getting more sleep

On average, most people benefit from 7 to 8 hours of sleep a night. However, without good sleep hygiene, this goal could be harder to reach. Here are a few helpful things to try throughout the day and in the evening to facilitate a restful night:

- Going outside during the day to get some sunlight
- Practicing a physical activity but not too close to bedtime
- Avoiding a big meal later in the evening
- Choosing a relaxing activity 30 minutes before bedtime which does not involve looking at a screen
- Writing down the things to remember to do the next day

### Second strategy: Organization

January is a great time for a fresh start, which can include organizing the house. As household disorder can definitely drain energy, it is a good idea to try eliminating clutter and focus on creating an environment that feels serene. If this suggestion sounds too daunting, start with a small goal such as organizing a sock drawer, clean a walk-in closet, gathering unused clothes or items and donating them to a local thrift store, cleaning out the garage, organizing one kitchen cabinets or the pantry. See how your mood or energy is lifted up after trying one of these suggestions. According to research, the act of cleaning and decluttering can boost your mood, help your body be more active, improve focus, and help you feel more in control of your environment<sup>1</sup>.

### Third strategy: Fake it till you make it

This statement refers to acting the way you want to feel. If you want to boost your energy, do the opposite of what you would do when feeling low energy. For example, instead of laying down on the couch, get moving. Try walking faster, speaking with enthusiasm, singing and



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dancing on your favourite lively song or joining a Zumba class. Before you know it, your brain could be convinced that you do feel more energetic. You have nothing to lose to try this.

If you are feeling tired and low in energy, I encourage you to try one of these strategies and see if it makes a difference. Which one would you try first?

**Sources:**

1. <https://www.verywellmind.com/how-mental-health-and-cleaning-are-connected-5097496>

**DO YOU NEED HELP?**

Dial or text 2-1-1 for free and confidential service that easily connects people to the critical social and community supports they need.

**If you are thinking of suicide, please call 9-8-8 which is a mental health crisis and suicide prevention line.**

**The information provided is not a substitute for professional advice. If you need advice, please consult a qualified health care professional. For further information or if you want to access our services at CMHA, please call 1-800-493-8271 or visit our web site at [www.cmha-east.on.ca](http://www.cmha-east.on.ca)**