



 Md Riyazuddin

6 Habits That Are Killing Your Energy

Shitty sleep routine

I will beat this horse until my arm falls off.

SLEEP IS CRITICAL TO LIVING A GOOD LIFE.

Try this:



Every morning for the next week, go for a ten-minute walk outside.

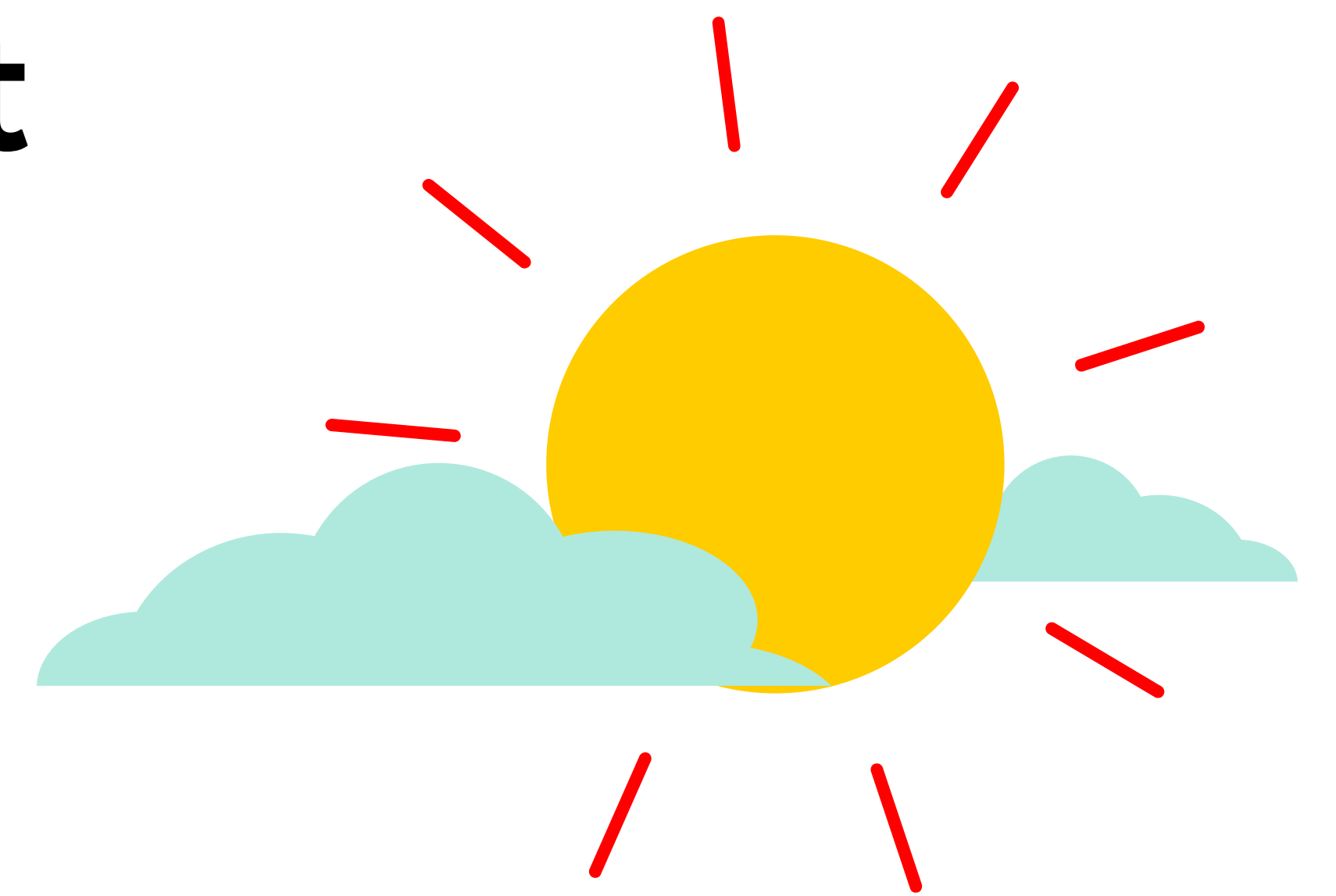


Lack of sunlight

Lack of sun can lead to a dip in your serotonin.

Low serotonin is linked to depression and reduced energy levels.

If you can't get in the sun, you can eat Vitamin-D rich foods or take a supplement



Try this:

No caffeine after noon, no phone after nine.



Scrolling in the morning

This is an incredible way to kill the momentum of your day.

Flooding your brain with cortisol and unearned dopamine in the morning can leave you feeling sluggish for the rest of the day.

Try this:

Keep your phone off for an hour after you wake.



Holding onto anger and resentment

"Holding onto anger is like drinking poison and expecting the other person to die." - Buddha

**Well I can't say it much better than
Buddha.**

**Let go of that anger. It will wear you out physically,
emotionally, and mentally.**

Try this:

**Forgive and forget. Not for them,
but for you.**



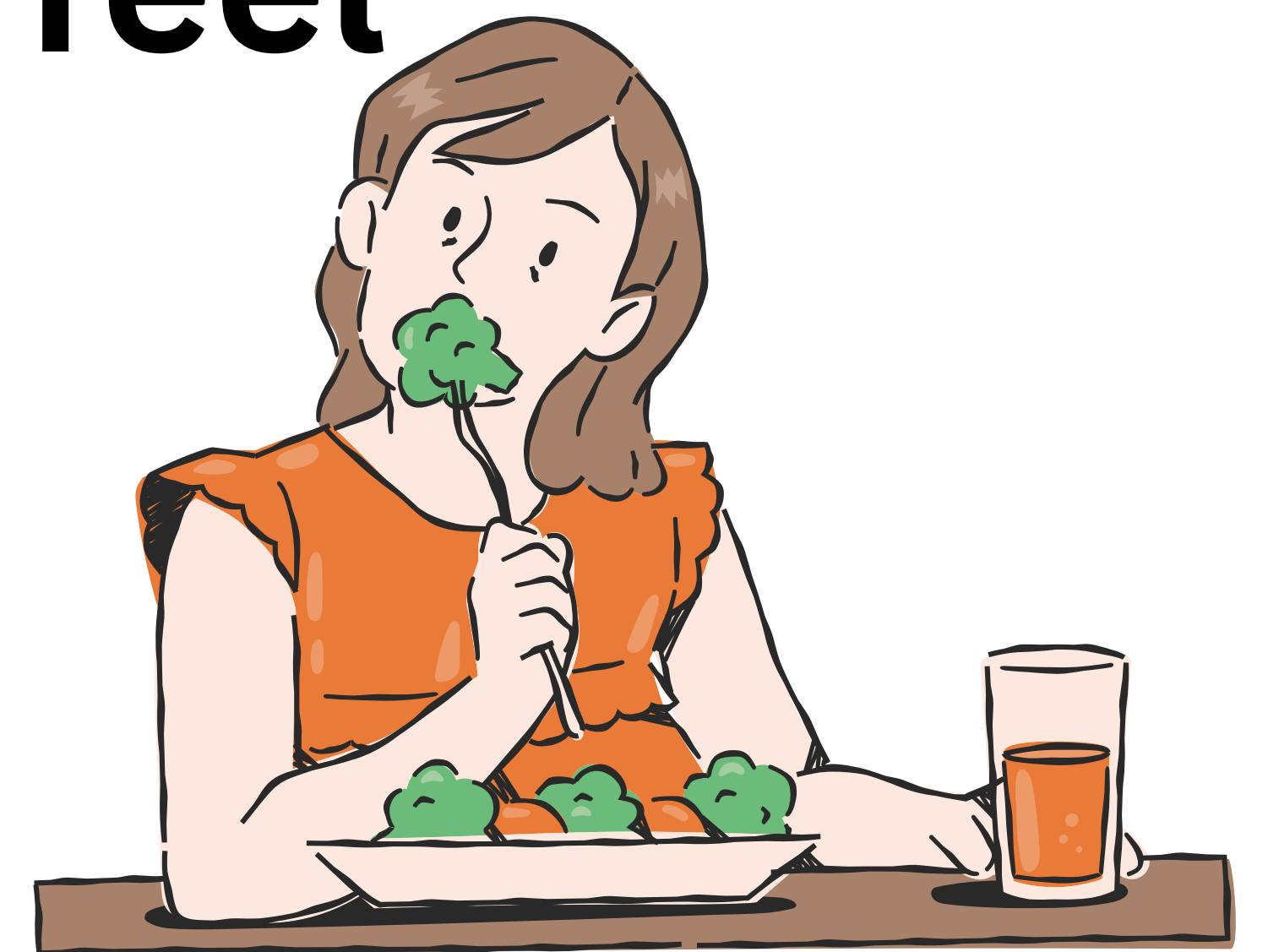
Eating over-processed crap

Regardless of whether your diet is paleo, keto, or Oreos - this applies.

**Anything highly processed will take a lot of energy for your body to digest.
Skip the take-out if you want to feel energized.**

Try this:

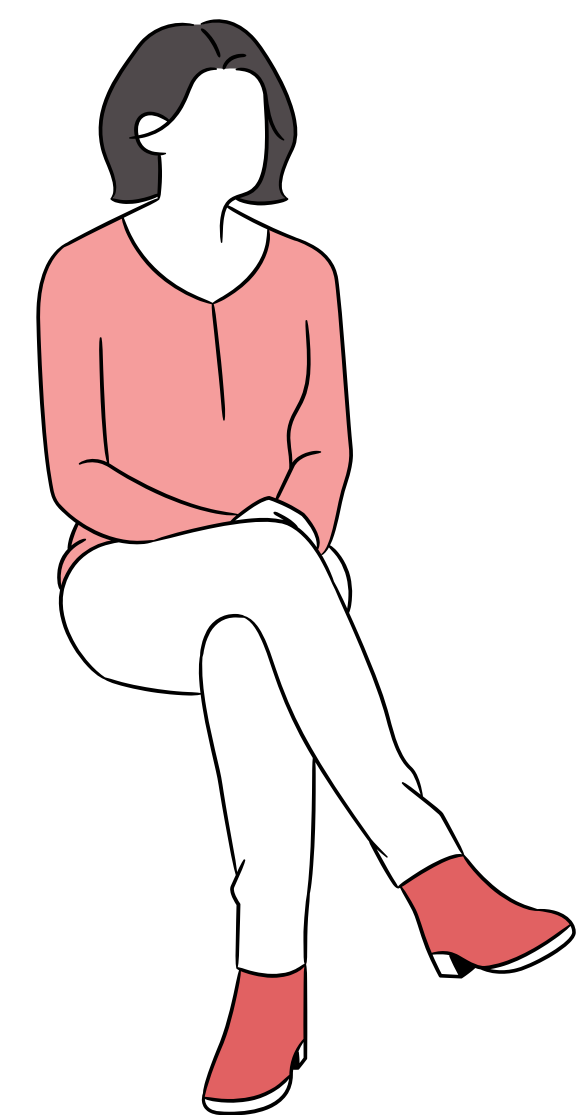
Eat single ingredient foods with fewer processing steps.



Sitting Idle

The more you sit idle, the more lethargic you feel. Prolonged sitting increases the risk of chronic diseases.

Take breaks, stretch, or walk around to promote a healthier lifestyle. Small changes can make a big difference



Try this:

It is good to move around a little bit even when you have no work pressure.





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