

How to Have More Vitality at Work

By Chris Palmer and Jazmin Garcia

It's Monday morning and employees all across the country are straggling into the office clutching their coffee mugs or making a beeline for the coffee pot. Most reflect various states of fatigue, irritability, or lethargy.

But at many offices one colleague arrives ready to hit the ground running. She is cheerful, enthusiastic, and eager to get things done. From the first meeting in the morning to the last meeting of the day, she seems vibrant and energetic. Where do her optimism, can-do spirit, and enthusiasm come from?

How can you avoid feeling drained and depleted at work? Here are some secrets for staying energized and fully charged through a grueling work day, with your vitality at a high level (which will help you get noticed, promoted, and paid more):

Get more exercise: Make exercise a part of your daily routine. Strength, flexibility, and endurance exercises benefit us in so many ways, including boosting our energy. You can sneak in some exercise at work by taking fifteen minutes at lunch for a brisk walk. If you are at your desk and feel your energy slipping away, take a few seconds to stretch. It will help get your blood flowing, and it feels great.

Start moving: If you're having a meeting with a colleague and notice the energy in the room waning, suggest that you continue the meeting while standing up, or outside in the fresh air, or as you stroll through the hallways. In other words, do something to break the cycle.

Eat better: Don't go through the day on an empty stomach. Our bodies need sufficient nutrients to keep us energetic, focused, and healthy. Drink plenty of water and eschew junk food.

Develop better sleep habits: If you hit the snooze button on your alarm clock several times and still have to drag yourself out of bed, you might not be getting enough sleep. A good night's rest brings clarity, energy, and a good mood. Make it a routine to go to sleep and wake up at roughly the same time each day. Your body will appreciate good sleeping habits.

Apply the golden rule: You start the day brimming with vitality, but then a talk with a coworker leaves you feeling negative and dispirited. Don't let others draw the energy out of you. Instead, spread your energy. Just as bad moods are contagious, so is a sunny disposition. Treat others with the enthusiasm and energy with which you would want to be treated. Not only will you be making yourself feel better, but others too.

Find a deeper purpose and meaning in your life: If you are feeling excessively jaded and languid, then you may need to spend time finding a purpose and meaning in your life through, for example, service to others, going on a personal retreat to reflect on your life, creating a personal mission statement, identifying new long-range goals, or hiring a life coach.

Tell yourself you will be vibrant at work and operate at a high level of vitality. Move quickly and develop a reputation for speed and reliability. Take important phone calls immediately. Complete all small jobs (under a couple of minutes) immediately. Respond quickly to requests from people with whom you have important relationships (your spouse, your boss, your kids, and so on). Pick up speed. Operate with alacrity and zeal.

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