OCTOBER 29

Reset Your Energy Levels

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Energy levels change throughout the day. Being aware of your energy helps you manage your workload and maintain balance.



Check Your Energy

Pause and notice. Ask yourself the following questions: Am I feeling low, steady, or high energy? What is affecting my energy right now?

Respond to Your Needs

Check in with your energy!
Low energy → slow down or take a break.
Medium energy → continue steady.
High energy → focus on important tasks

Choose how you will

Reset Your Energy Levels

Work Smarter

It's important to have awareness of where your current energy levels are. Take some time today to reflect on how you have been feeling overall this week.

Stay Balanced

Staying balanced is key to energy maintenance. To find this balance, you'll want to avoid pushing beyond limits, find what gives you recovery, and protect your energy.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Energy Check (5–10 seconds)
Ask:
- Where's my energy? Low, medium, high?

Adjust:
- Low → slow down
- High → focus

Workplace Tips

For Leaders

Be aware of team workload and energy levels. Encourage check-ins and support balance where possible. Showing up with support can go a long way.

For Team Members

Pay attention to your energy and take small steps to reset when needed. Regularly check in with yourself and where your energy is at.

> **Take rest; a field that has rested gives a bountiful crop.**
>
> **- Ovid**

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