

# DRAGGIN' YOUR WAGON?

**5 reasons** for that afternoon slump



**1**

## Your hormone levels vary naturally

Daily levels of the hormone cortisol tend to rise and fall in a predictable rhythm that can cause your energy to flag in the afternoon.

**Tip:** If your schedule permits, plan a 5- to 10-minute power nap in the early afternoon.

**3**

## Your lunch **SPIKED** your blood sugar

Eating lots of stripped carbs and sugar spikes your blood sugars. This triggers excess insulin release into your bloodstream. Blood sugar plummets. You're left exhausted and hungry.

**Tip:** Eat whole foods, quality protein and nourishing fats at breakfast and lunch to conserve insulin all day. Then your meals will stick to your ribs.

**5**

## You're not exercising regularly

Activity raises levels of serotonin, a feel-good neurotransmitter produced in your brain and gut. Exercise also helps to stabilize your blood sugars.

**Tip:** Too busy to get to the gym or yoga studio? Take a walk — it improves blood flow to your head.

**2**



## You never get enough sleep

Chronic sleep deprivation puts you squarely behind the eight ball and worsens your afternoon slump.

**Tip:** Don't grab a soda for an afternoon pick-me-up. Coffee, dark chocolate and unsweetened iced tea are better options.

**4**

## You're under **too much** stress

Cortisol works overtime when you're super stressed. This leaves you feeling depleted, and more susceptible to illness (like pneumonia or shingles) and injury (like sprains or strains).

**Tip:** Set aside time to nourish yourself with loved ones, pets, prayer, reading, fishing, hiking, pottery, massages, etc. You'll be better equipped to tolerate life's ups and downs.

**P.S.**

**Fatigued for more than a couple of weeks?** If it's not due to sleep deprivation, see your doctor. Autoimmune diseases, untreated hypothyroidism, iron deficiency from heavy periods, and other medical issues can also cause fatigue.