



## 27 Energy Resets to Increase Productivity

By Cherrise Boucher, Momentum Strategist

### **Why do you feel energy highs and lows throughout the day?**

There are probably several reasons but let's think about this very simple one; ultradian rhythms. It's a good thing to pay attention to because your body is communicating with you. Hello awareness!

Ultradian rhythms are natural bodily rhythms that occur in 90 -120 minute intervals throughout the day. So if you feel energized and ready to get shit done first thing in the morning and then by 10:00 am or so you are starting to feel sluggish, this could be why. This and not having breakfast and a nice glass of water first thing (calling you out!) This peak energy time is followed by about 30 minutes of low energy.

Along with this cycle are signals that your body gives you if are aware and tuned in. I know how it is when you are on fire and ready for massive productivity. You put the pedal to the metal and go, go, go! You are tough, you push through resistance, and you've called yourself Wonder Woman for god sake. And then you crash and burn. There have been times when you have gotten so sick you were stuck in bed for days. Do you know why? Because you didn't listen to your body.

We've all been there plugging away on our computers at a task or project, with the "I am going to work on this until it's finished" mentality. You start twisting your back one way then the next, you are doing circle neck stretches, and you are getting achy. Fatigue and tension are setting in. Several deep sighs escape you and you gaze into the distance. Could these be signs? You push onward. Irritability is starting to rear its ugly



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head. You are getting annoyed because you keep making typing errors, nothing is working, fucking computer! Then the thing just freezes up on you. Yup, that's it. You are officially pissed. You ache, you're irritable, and the damn computer isn't cooperating. The universe must be conspiring against you. THAT'S what it is. Or is it?

Each of the subtle signals you ignored was a sign to give yourself a break. An opportunity missed to do an energy reset. AND those signs likely fell right in time with your ultradian rhythm cycles. You are actually *decreasing* your productivity by not taking breaks. How's that for a slap in the face?

So what can you do to maximize your highs and take advantage of your lows? Very simply they are what I like to call, energy resets. If you follow me on [Instagram](#) or on [Facebook](#) or my [FB Business page](#) you have likely seen my daily "Here's Your Sign" posts. Each day I choose a card from one the [three affirmation decks](#) I have created, write up a little energy reset practice and an expansion thought for the day.

The intention of these are to trigger the person reading them, at any time of the day, to check in with themselves and practice an energy reset. What is an energy reset? It is a little break, it can be just five minutes, to move, change places, take yourself away from whatever you are doing and push the reset button. This helps to refresh and revitalize your personal energy so you can go back to what you are doing with a fresh perspective.



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When you push yourself too long you will often find that you suck at problem-solving, get very tired and easily annoyed, and can't find solutions anywhere. After a lovely energy reset you will often discover that solutions were practically staring you in the face! Your productivity increases and you get more shit done in less time. All with a better attitude! Can't beat it!

I've created a list of **“27 Energy Resets You Can Do Anywhere”**. Anywhere? Well granted, if you don't have easy access to a place to swim that may not be an option. But if you have a pool in your back yard or you live at the beach it could absolutely be done!

The idea is to create the intention, the time, and the space in your life for awareness of your personal energy needs. This prevents you from getting overworked, overtired and overstressed, all things that lead to other issues.

Take as little or as much time as you need for any of these that you try. Will they all work for you? Probably not, but the idea is to provide options for you to try so can find the right one, or combination, that you enjoy and work best for you. A little is better than none at all.

Keep the ultradian rhythm cycle in mind as well. You may want to make note of the time you feel most productive and when you start to feel that waning. If you keep a record of it for a few days, (or even just two days, because let's be honest here, how long would you really keep track of this?) you will see the times that will be most productive for you. You will probably notice a pattern in tracking and recording just two days' time. Use



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those 30 minute low energy level times to do an energy reset. They certainly don't need to take the whole 30 minutes but the change of action and focus will be massively beneficial and then you'll be ready to go for the next high energy level cycle.

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1. **5-minutes of calm and affirmations.** Grab one of my [affirmation decks](#) and pick a card!
2. **5-minutes of mindfulness.** This can be practiced anywhere, anytime, doing anything. Be very aware of what you are doing, noticing how all your senses are in play at that moment.
3. **Yoga.** A recommended pose for increasing energy is Camel Pose.



This position is done on your knees, placing your hands either on your lower back or on your heels with your head facing the sky. Camel Pose is an entire front-body opener.

4. **Go outside!** There really is nothing like being in nature for a good energy reset. In fact I highly encourage it for my daily *Here's Your Sign* practice.
5. **Amp up being outside** by taking your shoes off, placing your bare feet on the ground, take some deep, cleansing breaths, and set the intention to clear negativity through the soles of your feet (foot chakra).

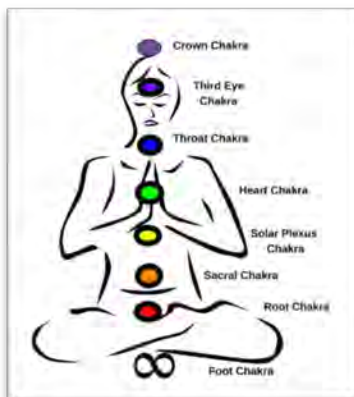




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6. **Dance** to whatever makes you happy!
7. **Take a quick, hot shower.**
8. **Go for a swim.**
9. **Two-minute breathing exercise.** Take several deep abdominal breaths, slowing exhaling for a count of 6. This almost immediately triggers a relaxation response in your body and emotions.
10. **Guided meditation.** There are so many styles, themes and options for these. YouTube is a good resource to find what you like best.
11. **Go for a walk.** Get moving in the outdoors! Forest bathing is amazing! Not only does this give you the opportunity to see some wildlife but the trees actually give off organic compounds that boost your immune system.
12. **Jumping jacks** or simply jumping up and down. Get that blood flowing!
13. **5-10 minute quiet meditation.** Just focusing on releasing thoughts and 'being' for a few minutes can bring a sense of calm and peace. When thoughts inevitably show up acknowledge them and gently let them pass through.
14. **Chakra visualization/meditation.** This actually runs through each of the 7 major chakras. I prefer to do it with 8 chakras including the foot chakra because that one is SO important!



There is no right or wrong way to visualize this; some people prefer to start at the crown chakra and work down, others like to start at the bottom and work up. Running through and visualizing each chakra, clearing, expanding and sending the energy through each consecutive one helps create energetic balance and brings in Divine and Earth energy for cellular clearing and energy flow.



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15. **Reiki yourself.** If you are a Reiki practitioner, self-Reiki is something we often overlook but is a very nice practice.

16. **Go swing!** Do you have a swing in your yard or at a close-by park? Every time I do this I wonder why I haven't done it in so long. It feels great, is fun, and I guarantee you it will bring back some great childhood memories. This will raise your feel-good hormones.

17. **Aromatherapy** with essential oils. Aromas can alter moods, and benefit mental and physical well-being. You may remember the advertising campaign, "Calgon take me away!"

18. **Drink water!** Dehydration can cause fatigue, lack of concentration, headaches, and poor digestion. So keep hydrated and drink plenty of water throughout the day. It can improve your mood, flush out toxins, and keep everything moving along as it should. We all know these things but we often don't drink enough water anyway. So be aware of this best practice.

19. **Get up and move!** Generally speaking, just removing yourself from your task, changing scenery and shaking your limbs, stretching and jumping around for a minute or two will benefit you. Get that blood moving!

20. **S-t-r-e-t-c-h.** Simply laying on the floor or a bed and stretching gets circulation going resulting in a refreshed feeling. Lay flat on your back, arms above your head, take a deep breath, pointing your toes down and reaching with your arms (essentially pulling your body on both ends). On the exhale release the stretch. Also doing a gentle twist of your torso by stretching one leg over the other feels great (and may pop your back a bit). Switch legs as many times as you like.



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21. **Take a short nap.** A nap folks, not an out-for-the-count sleep. This works great for some, not so great for others. I knew a lady I worked with years ago who would go out to her car during lunch every day and take a nap. It was her thing. Maybe this will work for you. This would be best as a 30-minute cat nap during that low energy time in your ultradian rhythm.

22. **Take a relaxing hot bath.** Add some essential oils and maybe a crystal or two to the water and enjoy. Epsom salt is great for helping to relieve muscle tension and inflammation. While you're in there visualize all the stress, worry, and tension being released into the soothing water.

23. **Have some fruit or fresh veggies for a little boost-me-up snack.** If you are hungry you aren't focusing, you'll get grumpy and irritable and nothing will be right in your world. Have a banana or an apple with a tablespoon of peanut butter. Have some dried fruit or nuts, hummus, whole wheat crackers – all options. Just steer clear of the junky, sugary snacks because you'll crash sooner than later and you aren't doing yourself any favors with that stuff.

24. **Read.** Reading something completely unrelated to what you are doing can take your mind off things and reset your thoughts. I'm not talking self-help or self-improvement books here, something that takes your mind away into a story. I have a couple go-to authors, Stephen King being first and foremost.

25. **Visualization.** This can take as little as 2 minutes. Visualize your idea life, how it looks, feels, smells, what you are experiencing because of it. Really get the FEELINGS involved here.

26. **Cuddle with your pet!**

27. **Vent!** Throw a temper tantrum! GET IT OUT! Jump around, stomp your feet, throw your arms in the air, roll around on the floor, yell. Whatever it is just expel that negative shit and get it out of you. If you can't let it out, you can't let it go. Period.



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Energy resets are a key foundational practice for **Getting Shit Done**. I strongly believe in creating balance through awareness. And being aware of what your body is telling you is critical for your well-being. I'm also a proponent of being pro-active instead of reactive. Once again, awareness is the key. When you are more in tuned with your body and surroundings, your energy and the energy around you, you will be able to take pro-active steps to maintaining your health on all levels; emotional, physical, and spiritual. Ultimately this leads to increased and more efficient productivity, better relationships and communication, improved problem-solving skills, and better focus.

There is no down-side here! So set the intention to create an energy reset practice based on increased awareness of your personal energy and the signs you are being given.

A trick you may use until this becomes a natural habit for you is to put it on your calendar or set a reminder or two throughout the day. When you get the reminder do a quick scan of your body to notice tension, fatigue, irritability, aches, any signs at all. Then choose an energy reset technique to practice!

With all the awareness and energy reset tools you will be practicing you are bound to be a productivity machine! But should you get stuck moving forward because you have a million great ideas but can't seem to organize them, I'm here to help.





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I work with smart, sassy, driven, women entrepreneurs who want to clear the mind clutter and sort through the chaos of their ideas by helping to lay it out, break it down and prioritize so there is a clear path and direction for taking consistent action. Accountability, brainstorming and re-planning along the way set the stage for inevitable momentum! Trust me, hoarding those ideas aren't doing you or anyone searching for what you offer any good! Are you with me?

**Schedule a free 30-minute call with me:**

**[www.cherriseboucher.com/schedule](http://www.cherriseboucher.com/schedule)**

*Let's Get Shit Done!*



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## What Do People Have To Say About Working With Me?



"I had been hearing that Cherrise is magical for some time, so I decided to schedule a session with her because I didn't want to miss out. I'm so glad that I did because we had a great time together organizing my upcoming programs! In a very easy going conversation, we got a lot of stuff done and I didn't feel pressured or stressed at all! It was truly a magical experience

and I would highly recommend her, especially if you're stuck in overwhelm and need someone to break it all down for you in easy to digest pieces that you can handle.

Thanks for helping me feel more together and organized, Cherrise! "

~ **Michelle Vina-Baltsas, Food & Body Relationship Specialist**



"Want to know how I've gotten so much done in 3 months of 2016? Cherrise. She's helped me get organized, create and execute all the brilliant ideas I've had this year that in the past would've gotten lost in scattered pieces of paper. No man's an island and we ALL need help to stay on track to keep tweaking our course in order to move forward

consistently. Cannot recommend getting someone on your team to help you advance all your initiatives and finally get a whole lot more done than if you were just keeping you accountable. ~ **Maru Iabichela, Speaker, Coach**

Find more testimonials on my website: [www.CherriseBoucher.com](http://www.CherriseBoucher.com)