

Energy Management for Workplace Vitality

By Jill Cressy, BPHE

Stress is here

The complexity of our world is increasing with higher competition, greater demands, and more responsibilities. In the workplace, there is much bubbling up, with many feeling overwhelmed, burdened, and on tilt. We attempt to manage stress, yet we still remain vulnerable to energy drains. We can exercise, meditate, take yoga classes, drink purified water, eat organic foods, and consume supplements, yet still feel edgy and uptight throughout the day.

We may become impatient with a client or snappy with a colleague, then discharge toxic vibes. We can complete all the detoxification methods in the world and still lose our cool. What really needs cleansing is our current thought system. We need to purify our perceptions first and foremost. It's time to stop the battle. Instead of striving to beat the clock, work with it. Instead of fighting stress, work through it. Instead of leaking energy, learn from it. It's time to manage our energy.

Where are you?

The majority of the time we're not fully present. Our energy is other than here. We think about all those things we want to do in the future or get hung up on the past. We become stuck on a memory or set in a pattern, resenting a person, frustrated by a situation, or triggered by an incident. We struggle to forgive another person and/or struggle to forgive ourselves. Then we invest energy into toxic thoughts.

As a result, we weaken our immune system, a condition that attracts irritability, fatigue, colds, illness, injury, or a sense of feeling down. In this state we are less productive, less creative, and more likely to drain others. We may feed on co-workers and draw them into our drama. What goes around comes around. When we carry emotional baggage, caught up in the past or consumed by the future, we hold back the whole organization.

Focus on energy

In the workplace, toxic energy escalates because it is here where we meet our greatest power struggles. With a multitude of merging interests, we have competing demands. How do we prevent bumping-heads? We focus on our own energy. When we learn to turn around triggers, we live more in present time, a place where we role-model health. As we radiate vitality, colleagues feel the call.

They pick up on our healthy vibes and pull in towards our cause.

Receptive co-workers simply show up and the right team emerges. We attract cooperative players and collegial support comes our way. Co-workers collaborate and work dynamics shake into place. By managing our own energy, we shift the climate of business. We guide staff to thrive at the cellular level and enhance the immune system of our whole organization. We serve as examples of our life working, and help others do the same.

Feeling more awake, alert, and aware, our team sets in motion a continual system for inspiration. We raise the vibration of our environment and regenerate life-energy. The result is an organization that is healthy, productive, efficient, creative, resourceful, vibrant, and fully alive.

Learn to budget your energy!

Poor energy management costs business millions of dollars each day. If blood doesn't circulate at just the right pressure and speed to all parts and extremities of the body, that body's immune system may be challenged. In the same way, if energy doesn't flow freely throughout your workplace, the immune system of your organization may be challenged.

These costs are hidden as there isn't a line on the balance sheet to account for poor energy management. Nothing shows up in the accounts saying "lost productivity due to poor energy management". However, the costs are real! If you're given \$100 of energy a day and you're financing \$60 into a memory, \$25 into a negative thought, \$10 into a person who you're unable to forgive, and you've got \$5 left for today but you waste it as you leak \$7 of your energy over some stressful situation, then you're in \$2 debt and your immune system may be challenged! What steps can you take to manage your energy and be more productive at work?

Six steps to manage your energy:

Relax your body and breathe

- Relax your shoulders, lengthen your spine, and open your heart
- Become aware of your breath
- Think to yourself, "allow a deep and loving breath"

Feel emotions fully

- Let emotions have the right to exist
- Give them room to move around
- Allow your feelings to spread throughout your whole body

Appreciate the intensity of situations

- Be intrigued by the drama of the situation
- Example: See your anger as beautiful hot 'energy' that has been sent here for a purpose. It's showing you that whatever you're responding to has meaning.
- Thank the anger for sending you a message. Be grateful for the signs and signals

Transform Triggers into Teachers (TTT)

- Learn *what* rather than *who* gets to you
- This person's behaviour is getting to me. From this experience, I am learning _____.
- This person's behaviour represents a certain type of situation which brings out a feeling of discomfort. I feel insecure, vulnerable, disempowered, or _____.

See the links and patterns

- Are other people showing up in my life to teach me the same lesson?
- Am I attracting similar situations at work, at home, with friends, with family?
- What's the bigger picture of the immediate situation?

Live in present time

- Move away from 'woundology' (sharing problems to get attention and sympathy). Instead, focus on the lesson. When you talk about a negative incident, emphasize what you're *learning* from the experience. Share the lessons that you're embracing.
- Decrease the frequency with which you use the word 'issues'. Consider using the word 'challenges' instead. Focus less on the problem and more on the *solution*.
- If there is someone in your life that you need to forgive, ask yourself if you're afraid of change. It's not forgiving that is so difficult; it's *the speed of change*, because once you forgive, life moves faster. You make room for more challenges to overcome, more people to forgive, more opportunities to stretch your heart!

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