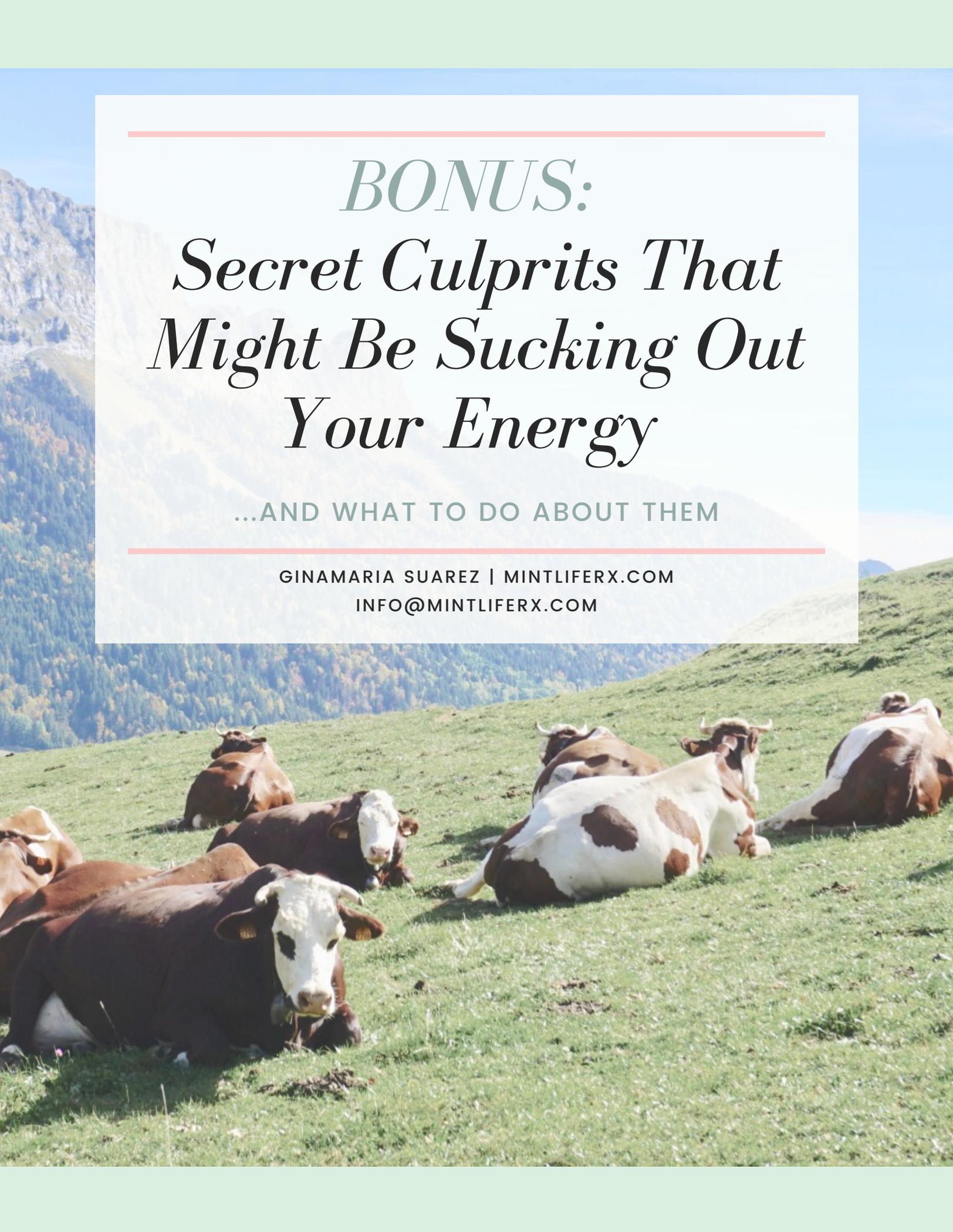

BONUS:
Secret Culprits That
Might Be Sucking Out
Your Energy

...AND WHAT TO DO ABOUT THEM

GINAMARIA SUAREZ | MINTLIFERX.COM

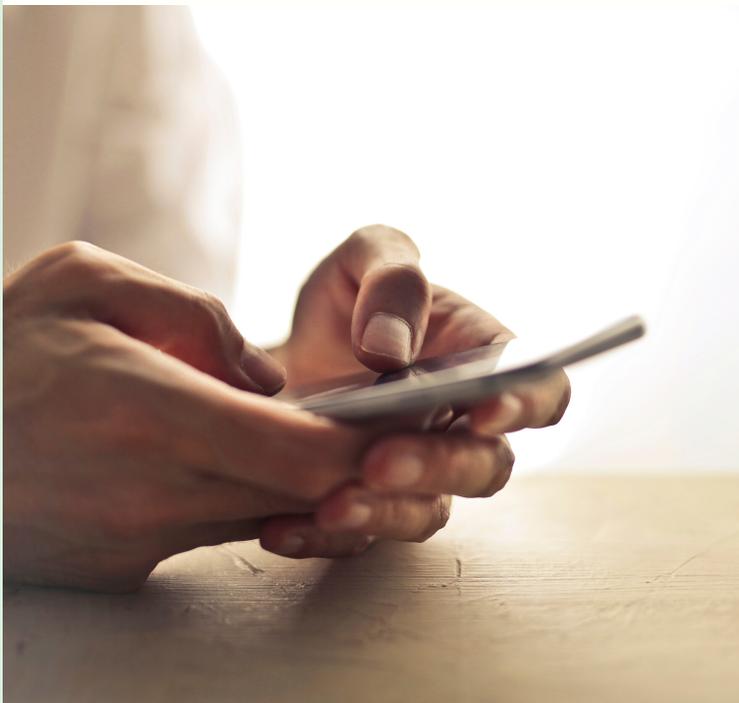
INFO@MINTLIFERX.COM

A group of cows of various breeds (brown, white, and spotted) are resting on a lush green grassy hillside. In the background, there are rolling hills and mountains under a clear blue sky. The scene is bright and sunny, suggesting a peaceful rural setting.

Browsing Social Media



Constantly looking at your social media accounts can be so draining for many reasons but mostly, it can make you start comparing yourself to others. This comparison leads to thoughts of dissatisfaction, envy, judgement, anger, depression and anxiety. All of these are low energy feelings that will bring you down instantly.



ACTION

Try to cut the amount of time you spend on social media and instead use up that time to engage on activities that are productive and energy-inducing such as cooking, reading a motivational book, taking a relaxing shower or chatting with your partner or kids about their day.



Hidden Sugars



The problem is not necessarily the sugar, the amount of it you are consuming. There's hidden sugar in so many products people typically eat and the worst is that they don't even know about it. Products such as cereal, bread, low-fat yogurt, pasta sauces, ketchup, protein bars are usually loaded with sugar. Usually these come with high amounts of sugar and not much fiber content to deliver that sugar slowly into your bloodstream causing you to feel tired after eating them

ACTION

Be a food detective. Take some time to read the Nutrition Facts label of the processed foods you've been eating. Those small snacks you're having through the day, regardless if they're organic or come in a fancy green or brown package, they might be causing you that tiredness you can't explain. Replace those high-sugar foods with whole foods such as fruits and vegetables which are rich in fiber. That way you get the energy minus the crash.



Toxic Relationships



When you have a high vibrational energy, others can notice it and some might try to suck that energy from you. Often called energy vampires, they can try to bring you down, dominate you, overwhelm you with their problems, question you often, etc. They might be family, friends, co-workers, really anyone. They might not even know that they're draining you, but you can still feel it. You will instantly know who they are although you might not even want to admit it. Only thinking about them feels exhausting, but for your own good, keep them at a distance.



ACTION

Cut ties with these vampires as much as you can. If it's a family member or co-worker who you can't cut ties with easily, then keep interaction only on a 'as-needed' basis. Never attempt to argue or give into their energy draining tactics. Instead, focus on sharing your energy with those around you that you feel at ease with and that you feel instinctively attracted to because of the joy you feel when connecting with them.



Saying Yes



Saying yes, when you actually mean no. Agreeing to things that you do not want to do creates a portal of energy drainage since you are not being true to yourself. Not acting in alignment with your values creates frustration, anger and discontentment. Say yes, only when you really mean it and be firm at saying no when that is your true feeling. People will respect you more when you are true to yourself instead of a constant people pleaser.

ACTION

Think about situations where you constantly say yes to when you actually would like to say no. Identifying where you usually slip into the people pleasing yes will help you be aware of it and recognize it before it happens again. This gives you the opportunity to stop and think before answering right away. This will take practice but in no time you'll see how your brain will stop, evaluate, and then give an answer based on your true wants and needs.



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