

Workplace Wellbeing

Everyday Energy

Our everyday lives can be very demanding and therefore sustaining energy levels can be quite a challenge. This module explores the four key areas of energy, physical, emotional, mental and spiritual and looks at how these energy levels can be increased and maintained.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:29)

English Subtitles

4 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Increase your physical energy through good nutrition, regular exercise and rest.
2. Boost your emotional energy by having fun and spending time with positive people.
3. Expand your mental energy by breaking away from daily routines and thinking positively.

