

# Midday Energy Reset Cheat Sheet

TrustTheLink.com

## Make a Schedule & Stick to It

- Plan focused work blocks
- Schedule movement breaks
- Reduce decision fatigue

## The 20-20-20 Rule

- Every 20 minutes
- Look 20 feet away
- For 20 seconds

## Walk Around

- Stand up every hour
- Walk for 2–5 minutes
- Boost circulation & alertness

## Bodyweight Movements

- Squats, wall push-ups, marching
- 20–30 reps total
- Quick energy boost

## Tidy Your Desk or Workspace

- Clear visual clutter
- Reset mental focus
- Improve workflow

## Fluids

- Drink water regularly
- Dehydration causes fatigue
- Cold water improves alertness

## Switch Tasks

- Change task type when stuck
- Reduce mental overload
- Restore attention

## Write Down 3 Small Wins

- Boost motivation
- Reduce stress
- Build momentum

## Power Naps

- 5–10 minutes max
- Improve alertness & reaction time
- Avoid grogginess