



Fall Energy Boost Guide

7 NATURAL WAYS TO BEAT THE SEASONAL
SLUMP



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FALL ENERGY BOOST

As days grow shorter and routines shift, it's common to feel sluggish and unfocused. But with a few simple wellness habits, you can reclaim your energy and move through fall feeling vibrant, clear, and strong.

1. Reset Your Sleep Rhythm

- Go to bed and wake up at consistent times.
- Power down screens 1 hour before bed.
- Try a calming wind-down routine: tea, journaling, or gentle stretching.

✨ Young Living Support:

- Deep Night Essence™ → promotes restorative sleep with calming botanicals and melatonin.
- Lavender Essential Oil → diffuse at bedtime for relaxation.
- RutaVaLa™ or Tranquil™ Roll-On → apply to temples or wrists to quiet a busy mind.

✓ ***Support Tip: Even 30 minutes earlier bedtime can restore energy.***

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2. Move Your Body Daily

- Brisk walks outdoors (morning light is best).
- Strength training 2–3x per week to keep metabolism strong.
- Yoga or stretching to reduce stiffness.

✨ Young Living Support:

- NingXia Red® → antioxidant-rich daily drink that supports stamina.
- Peppermint Vitality™ → add a drop to water pre-workout for an energizing boost.
- Cool Azul® Sports Gel → soothe tired muscles after exercise.

✓ **Support Tip:** Choose movement you enjoy—you'll stick with it longer.

3. Fuel with Seasonal Foods

- Energizing carbs: sweet potatoes, quinoa, oats.
- Protein sources: legumes, eggs, nuts.
- Produce: apples, pears, beets, leafy greens.
- Spices: cinnamon, ginger, turmeric.

✨ Young Living Support:

- Illumineyes™ → supports eye health with lutein, zeaxanthin, and antioxidants.
- Digest & Cleanse™ → helps maintain energy by supporting smooth digestion.
- Vitality Oils (Cinnamon Bark, Ginger, or Clove) → add flavor to fall recipes while supporting wellness.

✓ **Support Tip:** Build balanced meals with protein, healthy fats, and complex carbs.

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4. Get Outside

- Aim for 20 minutes of daylight daily.
- Combine with walking, gardening, or outdoor play.
- Open windows for fresh air if you can't get outside.

✨ Young Living Support:

- En-R-Gee™ Essential Oil Blend → apply topically or diffuse for a motivating boost.
- Lemon Vitality™ → add to water for a fresh, uplifting flavor while hydrating outdoors.

✅ **Support Tip:** Morning light exposure helps regulate energy rhythms.

5. Manage Stress

- Practice 5 minutes of deep breathing.
- Take mindful breaks during your day.
- Add more laughter and play into your routine.

✨ Young Living Support:

- Stress Away™ Essential Oil Blend → diffuse or apply to pulse points to ease tension.
- CortiStop® → supports the body's natural stress response, especially during busy seasons.
- Valor® Essential Oil Blend → helps restore courage and balance.

✅ **Support Tip:** Schedule downtime—it's essential for productivity and energy.

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6. Hydrate Smarter

- Drink half your body weight in ounces daily.
- Add lemon, cucumber, or apple slices for flavor.
- Balance warm drinks like tea with water.

✨ Young Living Support:

- Lemon Vitality™ → supports hydration and digestion when added to water.
- NingXia Red® → counts toward fluid intake while supplying antioxidants for energy.
- Alkalime® → supports healthy pH balance, especially helpful when consuming acidic foods.

✅ **Support Tip:** If you feel the afternoon slump, drink water first—you may be dehydrated, not tired.

7. Cultivate a Positive Mindset

- End your day with gratitude journaling.
- Set small, achievable wins each morning.
- Surround yourself with uplifting people and activities.

✨ Young Living Support:

- Joy™ Essential Oil Blend → diffuse to lift mood and encourage positivity.
- Brain Power™ → diffuse or apply to temples to support clarity and focus.
- Super B™ → provides energy-supporting B vitamins that also nourish the nervous system.

✅ **Support Tip:** Energy flows where attention goes—focus on what fuels you.

🌿 Ready to Take the Next Step in Your Wellness Journey?

You've just discovered 7 simple, natural ways to boost your energy this fall. Imagine the difference when you combine these lifestyle habits with the highest-quality essential oils and supplements designed to support your body every step of the way.

If you don't yet have a Young Living account, now is the perfect time to get started. You'll have access to:

- Pure, genuine essential oils and supplements that support energy, focus, stress relief, and immune health.
- Exclusive education, resources, and community support (so you never feel alone in your wellness journey).
- Discounts, loyalty rewards, and special offers on the products you'll use daily.

✨ Your wellness reset can start today!

➡️ Scan the QR Code or click the link below to set up your account and begin your Young Living journey:

👉 **[Shop Young Living](#)**

