

## - Suggestive therapeutics

# 60-SECOND FIXES: BOOST YOUR ENERGY IN A MINUTE OR LESS

---

Reader's Digest (Canada) · 1 Apr 2021 · 61

---

### 1. Pour some peppermint tea

According to a study published in the North American Journal of Psychology, sniffing peppermint helped reduce fatigue while driving. And researchers have also found that those who drink peppermint tea are more alert and complete mental tasks faster.

### 2. Open the blinds

Exposing yourself to natural sunlight, especially right when you wake up in the morning, can help suppress melatonin, the chemical in your body that makes you sleepy.

### 3. Take a few deep breaths

When you're stressed, it's natural to breathe a little bit shallower, which can decrease the amount of oxygen that reaches your cells. To counteract that, try breathing in through your nose for four seconds, holding your breath for four seconds, then slowly exhaling for four seconds.

### 4. Chew a piece of sugar-free gum

Though it's not exactly clear why, numerous studies have shown that chewing gum increases alertness. Even before science confirmed it, during the First World War, American soldiers were issued gum to help them focus.

### 5. Sing along to a song

Listening to music can increase levels of happy chemicals like serotonin and oxytocin—and belting out lyrics makes you breathe deeper and take in more oxygen, boosting your energy.