

# Where is your energy

Pat Heydlauff

Will you feel hopeless when the next crisis arrives? Will you find yourself without energy to get through yet one more day to say nothing about one more hurricane? Will you need a booster shot of energy to just get started? When surrounded by debris and devastation, it is very easy to have your energy fuel tank running on “empty” when the next storm or crises heads our way.

We have learned through the years to fill our vehicles’ gas tanks, stock our pantries with canned foods we might never eat, obtain volumes of batteries and spend endless hours of work doing everything we can to protect our homes. Yet, do we ever think about spending time, even one minute, on re-energizing ourselves; not only protecting our existing energy but learning how to truly replenish our energy. Life is all about energy, having enough energy to get through not only the easy pleasant days but to get through the really tough ones too.

Even though there are as many ways to do this as there are people, the ones I am going to focus on are easy, inexpensive and provide endless hours of joy. If you are a gardener and love plants, one really great way to re-energize your life is to maintain a mini flower or herb garden either inside your kitchen window or outside on your patio. For every moment of tender loving care you give your plants, they in return give you wonderful healthy growth, blooms and in the case of herbs, aromatic spices for nourishment. It really does not matter what type of plants you choose, just choose ones you love. Caring in such a way for another life, in this case plants, is very rewarding and energizing. You give them life, they provide you energy.

For the pet lover or the “want to be” pet lover, there is no better way to re-energize yourself than to have one or more pets in your home. Dogs and cats usually rank at the top of the pet list but there are many others that are smaller and easier to care for that can be considered as well. Dogs are very unconditional at giving love and responding to

humans. They always greet you at the door with their tails wagging and a smile on their faces when you come home. They love the attention of being petted, will quietly lie at your feet if you are tired and primarily require feeding and walking. Cats, even though very independent, make great pets as well. They love to be stroked while purring in your lap, their antics are very funny to watch and they can stare for hours out a window watching a bird in a tree. Unlike a dog, they do not need walking, only feeding and cleaning their cat liter box. Birds are the third pet often thought of as very cheerful, energizing and not needing a lot of care but providing lots of wonderful daytime energy with their singing. Their requirements are a cage for a home, food, water and regular cleaning of their cage. They also love being talked to and many will talk back. Studies show that people live longer with pets in the house. What the studies do not show is that caring for a pet and receiving all of that unconditional love is very energizing.

A third way to re-stock your energy is listening to the music you grew up with at the happiest time frame in your life. Most of us have dozens of CDs, some of us even have dozens of records we used to listen to by the hours and dream about dancing the night away or being shipwrecked on a romantic desert island. Music from our youth is very uplifting and energizing at times when we need an energy boost. It brings back fond memories of happy times in our past and allows us to once again be the age we were then, if only for a few minutes.

Perhaps one of these suggestions will be just the right one to motivate you to re-stock your personal energy so that you have ample in time of need. If not, there are hundreds of other options. Create your own list of things that make you feel good about yourself, are invigorating and give you that energy booster shot so needed in trying times.