



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 3 – Part 2: Eliminate Your Energy Robbers

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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What is an Energy Robber?

- An “energy robber” is a person, place, thing or situation that leaves you feeling **tired** or **stressed out**.
 - For example, being around a certain **person** or **group** or being in a certain **environment** or **building** (could be at work or even at home) that drains you.
- Getting **clear** about what makes you feel **crappy** and **robs** you of your vitality helps you **identify** the internal and external factors in your life causing you stress that you need to **address**.

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It's Time to Plug Up Your Holes

- Imagine your body being a **barrel** of water and your energy being like **water** in that barrel.
- If the barrel has **holes** in it then more water needs to continually be poured in to keep the barrel full.
- The more holes or larger the holes the **harder** it is to keep it full.
- Energy robbers are like **holes** in the barrel **preventing** you from being full of energy.



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It's Time to Plug Up Your Holes

- Instead of continually pouring more water in and demanding more energy from your body you must **stop** the leaking by **plugging** up as many holes as possible.
- Every time you **eliminate** or **minimize** an energy robber in your life it's like **plugging** one of the ones in the barrel allowing your energy reserves to **rebuild**.



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Who and What Are Your Energy Robbers?

- Acknowledging the things in your life that rob you of your energy **empowers** you to make the necessary changes to deal with them.
 - The result? You'll see a **rise** in your energy levels, focus and confidence and it becomes **easy** to lose the excess weight and get healthy.
- The **first** step toward getting free of your energy robbers is to identify them.
- There are **3** categories of energy robbers:
 - Energy robbing **people**
 - Energy robbing **home** and **work** environments
 - Energy robbing **foods** and **other** environmental factors

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Energy Robbing People

- Notice if there are **certain people** in your life that seem to make you feel more tired, helpless, frustrated, angry or fatigued when you're around them.
 - It could be a casual acquaintance, friend, relative, spouse, parent or child.
 - People you feel **drained** by or **worse** after spending time with them are energy suckers/robbers in some way.
- Energy robbing people usually **don't** intentionally drain your energy.
 - Most often they're **not aware** they're doing it.
 - You don't need to identify reasons **why** that person drains you—just that she or he does.
 - Some people are energy suckers only **sometimes**—you may find that sometimes you feel ok and other times totally drained.

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Energy Robbing People

- Knowing who your energy robbers are allows you to change how you **interact** with them.
 - Sometimes simply changing your social contacts can be a **huge** stress reliever.
 - Regardless of how healthy your diet and lifestyle is, continuing to surround yourself with energy suckers **undermines** their positive effects.
- If you have energy suckers in your life and you want to feel better, it's important to **do something** about them.
 - If it's a casual acquaintance consider **severing ties** with that person completely.
 - If someone is robbing you of your energy in a **certain situation** end your contact at that time.

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Dealing with Energy-Robbing Loved Ones

- When an energy robber is someone you're **close** to it's a little more difficult and requires some **strategic** planning.
 - If it's your spouse, and you feel you can **communicate openly**, tell him that there are times he's taking away your energy and during those moments you need to **reduce** contact; maybe there's a signal you give to let him know.
 - If your energy robber is **not** someone you can communicate openly with (a sign of an energy sucking situation in itself) you must do what you can on your **own**.
 - If this is pervasive throughout your relationship, it's cause to **rethink** the relationship.

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Dealing with Energy-Robbing Loved Ones

- One of the most **common** energy robbers is the responsibility of taking care of aging parents or relatives.
- It's important to understand that **you can only care for others to the degree that you care for yourself.**
- So, if your barrel doesn't have enough water in it to take care of yourself, you **won't** be able to care for your family the way they need and deserve.

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Dealing with Energy-Robbing Loved Ones

- To look and feel your **best**, your barrel should be at least **90% FULL.**
- So, as much as you love your parents, the truth, is caring for them can be a **MAJOR** energy robber.
- And in many cases, caring for your parents can be enough to completely **drain** your barrel, resulting in serious weight gain, sickness and disease.
- In your attempt to help with their wellbeing, it takes a serious **toll** on your own health.

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Dealing with Energy-Robbing Loved Ones

- What's important to keep in mind is that:
 - When you're in the position of being a caretaker, and your own health needs are not being met, you essentially do a **disservice** to both yourself and the person you're caring for.
 - And it's important that you **do something** about it!

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Dealing with Energy-Robbing Loved Ones

- Eliminating the stress of caring for a parent or relative **doesn't** mean that you abandon them.
- But it does mean making some **changes**:
 - It may mean getting **more help** by asking other relatives to share in the responsibility or enlisting the help of a professional nurse.
 - It may mean that you take on **less** responsibilities and let go of other commitments.
 - And it DEFINITELY means making the commitment to take better care of **yourself** and make your self-care a **top** priority.
 - So, you can add **more** water to your barrel and **rebuild** your energy reserves.

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Dealing with Energy-Robbing Friends

- If you have a friend that calls a lot to “vent” and the conversations **don’t** make you feel good?
 - **Do not** answer when she calls.
 - Consider calling her back at a **later** time (or not at all).
- If you have a close family member who can be an energy robber when you talk, keep the conversations **short**.
 - If the conversation starts to **drain** you change the topic or say that you need to get going.

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Let Go of the Guilt!

- If you identify several energy robbers in your life, but you feel **guilty** if you don’t have regular contact with them consider this:
 - In order to re-balance, heal and regain your vitality you may have to **minimize** contact with some people and **eliminate** contact with others. (For a while or permanently, depending on the situation.)
- **NO ONE** has the right to steal your energy.
 - Your energy is **essential** to your health and happiness.
 - **DO NOT** feel guilty for minimizing contact with friends and family who rob you of your energy.
 - You must **let go** of feelings of shame or guilt—these feelings only make you **vulnerable** to emotional manipulation.

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Energy Robbers Are a Blessing!

- They teach you how to set **boundaries**.
- As you set healthy boundaries for yourself, your self-confidence goes up and you'll find yourself attracting friends who make you **feel GOOD**.

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Are You An Energy Robber to Others?

- While you may have people in your life who are energy robbers for you, it's important to so a **self-check** and ask yourself if **you're** an energy robber to others.
- People who don't take **full responsibility** for themselves are energy robbers.
- Taking responsibility means **self-managing** your thoughts, emotions and behavior.
- If you find yourself doing the following, **you're being an energy robber**:
 - Being critical or judgmental of others
 - Talking negatively, venting
 - Focusing your attention on negative events in your immediate environment or the world as a whole (i.e. the news)
 - Holding on to grudges and past mistakes and rehashing them
 - Feeling unworthy, undeserving and bad for yourself
 - Making excuses

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Energy Robbing Food & Environment

- The environment is what is **all** around you—not just the outdoors.
 - It includes things like lighting in your home and workplace, cooling and heating, air quality, the fabrics and perfumes you wear, the personal hygiene and cleaning products you use—and the many other things that make up your **surroundings**.
 - These factors and the foods you eat can be **major** energy robbers.
 - Take **inventory** of the environmental factors that may be energy robbers for you.
 - If you feel groggy or tired in particular situations or clothing, or eating certain foods, or around some scents etc. try **removing** them to alleviate your stress and recharge your energy.
 - If you find that you **feel better** then you know they are **not** contributing to your well-being and therefore should be **removed** permanently.

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Use Non-Toxic PC & Cleaning Products

- On average, women use **12** different personal care products per day exposing themselves to **168** chemical ingredients.
- The government **does not** require safety testing of product ingredients.
 - There's a “self-policing” panel called the *Cosmetic Ingredient Review*, but **more than ½** the thousands of chemicals companies put in their products **haven't** been evaluated.
 - For **safety ratings** on personal hygiene products go to: ewg.org/skindeep/
- Many common household cleaners contain **hazardous** industrial chemicals that are known human carcinogens, hormone disrupters and triggers for asthma and allergies.
 - **Only 7%** of cleaning products adequately disclose their contents.
 - For **safety ratings** on cleaning products go to: ewg.org/guides/cleaners

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6 Steps to Eliminate Your Energy Robbers

Step 1: List out **all** of your energy robbers.

Step 2: Circle the **top five**.

Step 3: List your top five out in **order** (#1 being the most important.)

Step 4: Create **plan** to deal with your #1 energy robber.

- Set a **date** by which it will be addressed.
- **Write it** down.
- Put it in a **private** place you will see as a visual reminder—like a draw you open daily.

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6 Steps to Eliminate Your Energy Robbers

Step 4: Create plan to deal with your #1 energy robber *cont.*

- There are **three things** you can do in a difficult situation to actively change the negative to a neutral or positive:
 1. You can **change yourself** to adapt to the situation
 2. You can **change/adapt the situation(s)** to you
 3. You can **leave** the situation(s)

Step 5: Be **committed** to eliminating your energy robbers – your health and happiness depends on it.

Step 6: Once you've **eliminated** your #1 robber, move on to #2, and **continue** until the first five have been eliminated or rendered powerless.

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When Leaving Isn't Appropriate

- Leaving is not always **possible** or **appropriate**, and a decision that only you can make.
 - This exercise helps you see **what's possible** and appropriate to eliminate from your life so you can create an **effective** plan to regain your vitality.
 - Use as many resources as you feel you need but decide **NOW** that you are going to **do something** about it—this is *very* important.
 - Very often the first option (**change yourself** to adapt to the situation) is all you need to take control of your life.

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Removing One Stress Takes Care of the Rest

- Stressors are **cumulative**...
 - By removing or neutralizing your **largest** source of stress it will make a huge impact on your vitality.
 - Most often, when you take care of the big stressors, the smaller ones **take care of themselves**.
 - Remember, your body is designed to handle **some** degree of stress.
 - Some stress is **good** for us; it's when our stresses are **overwhelming** in duration and intensity that our body's systems start to **break down**.
 - The good news is you can **DO something** about it!

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Next Up...

Module 3 – Part 3:
**4 “Innercises” to Eliminate Your Biggest
 Energy Robber... YOU!**

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