

Personal Energy



Foundation

Energy purpose

It's important for me to have good energy because:

Building
Block
1

Self-awareness

Energy demands

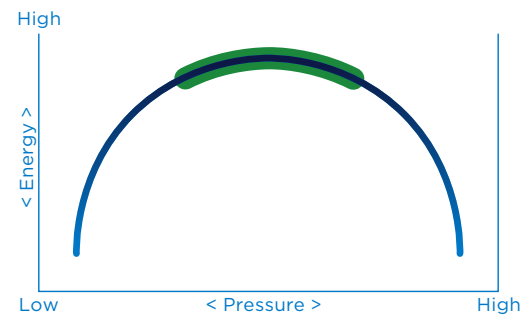
External - outside of me:

Internal - the demands I place on myself:

Energy arc

For me, peak energy is:

At the moment, I'm here on the arc:



My energy warning signs

e.g: thoughts, feelings, body, behaviours

Personal Energy

Building
Block
2

Self-care

	None of the time	Rarely	Some of the time	Often	All of the time
To what extent do you experience good quality sleep?					
To what extent do you eat healthily?					
To what extent are you physically active during the day?					
How often do you build relaxation into your daily routine?					
How often do you spend time with people you have a positive relationship with?					
How often do you practise reframing - looking at things from a different perspective?					
How often do you stay focused on one task at a time?					
To what extent do you regularly recognise things you are grateful for?					
How often do you prioritise time for self-care?					

Ideas for great energy

Use this space to write down ideas of things you could do, or that you're interested to learn more about:

Building
Block
3

Positive actions

My energy action plan

The energy area I now want to concentrate on is:

I feel ready and confident to do this simple, realistic thing:

The time I will do this is:

The support I need to help keep this going is:

Overcoming barriers

A potential barrier that might get in the way is:

I'll prevent/overcome this by:

Personal Energy - recap



Foundation

Good mental wellbeing is important for everyone. It helps us cope with life's pressures and enables us to make positive choices. Keep these Personal Energy essentials in mind, and stick to your Personal Energy action plan to help keep your energy in a good place.

Building Block 1 Self-awareness

High

Peak Energy Zone

Too little pressure = demotivated, bored

Where are you on the Energy Arc?

Too much pressure and not enough energy = stressed, overwhelmed

Low < Pressure > High

< Energy >

Check in with where you are on the arc regularly and talk to others about where you are and how you are feeling, Share your warning signs. Allow people close to you to tell you when they spot signs you are drifting.

Building Block 2 Self-care

My body

SLEEP EAT WELL EXERCISE

My time

RELAX SOCIAL

My mindset

REFRAMING FOCUS GRATITUDE PERMISSION

Choose one or two of the self-care habits that will really anchor you. Prioritise them and don't drift away from them - despite increasing pressures.

Building Block 3 Positive actions

Revisit your Personal Energy Action plan regularly. Your actions may change from time to time. Keep these behaviour change tips in mind.

Motivation
What is your personal motivation to make the change?

Opportunity
Start small. Find time.

Capability
Be realistic about what is achievable. Ensure support is on hand.

Be kind and reward yourself.