

Being mindful of how we use our energy



We only have so many hours in the day and days in the week. We often play many different roles all of which require energy. Depending on how our energy levels are will impact on the energy we have to invest in whatever else is happening in our life, including any challenges we may be facing.

The battery image on the front of this poster invites you to create your own battery and offers one idea of how to do that. This exercise is helpful for reflecting on where you spend your energy, where perhaps you can save some energy and what ideas you plan to take to replenish your energy.

This exercise in itself can be exhausting if we approach it when already feeling overwhelmed as we may feel this is adding to our feelings of pressure being reminded of all we need to do. Take a few moments to do some mindful breathing or something else which helps bring you into the moment. Approach the exercise with a sense of curiosity and do it at a pace that works for you and remember you do not need to do it all at once.

Draw a battery, ideally take a large piece of paper, some old wallpaper may do, or maybe even do this online. From one side of the battery have leads coming off, each lead represents something you spend energy on. Now some leads may have subheadings. This is why we need a BIG piece of paper e.g., you may have a lead which says 'Work' but then how many of us only have one thing we do at work, so for each area which takes energy in relation to work have a subheading and name it. You can be as creative as you like with this, you can colour code each lead, vary the length or thickness of each lead to represent a sense of how much energy you spend in this area. Take your time with this put on some soothing music, make it an exercise of joy not another chore. If you need some inspiration then check out the image overleaf.

Now on the other side of the battery repeat this, but instead have leads going in which represents something you do to replenish your energy. Again, some leads may have subheadings e.g., one lead may say exercise, but there may be different subheadings under this e.g., Cycle, walk the dog, yoga. Don't worry too much if you find you have similar activities in different leads as you may also e.g., include Yoga in relax. The aim of this is to invite you to think about what you do to replenish your energy levels and also how perhaps one activity can have multiple benefits.

It is interesting, often people find the section where they are thinking about where they spend their energy could go on, and on and on. The section on how they replenish their energy on the other hand, takes a lot more thought. If you find you are putting more energy out than topping back up, then you do put yourself at risk of burnout. Sometimes, life pressures and challenges come at us faster than we would like. It is at these times it matters we check in with our energy levels and top them up.

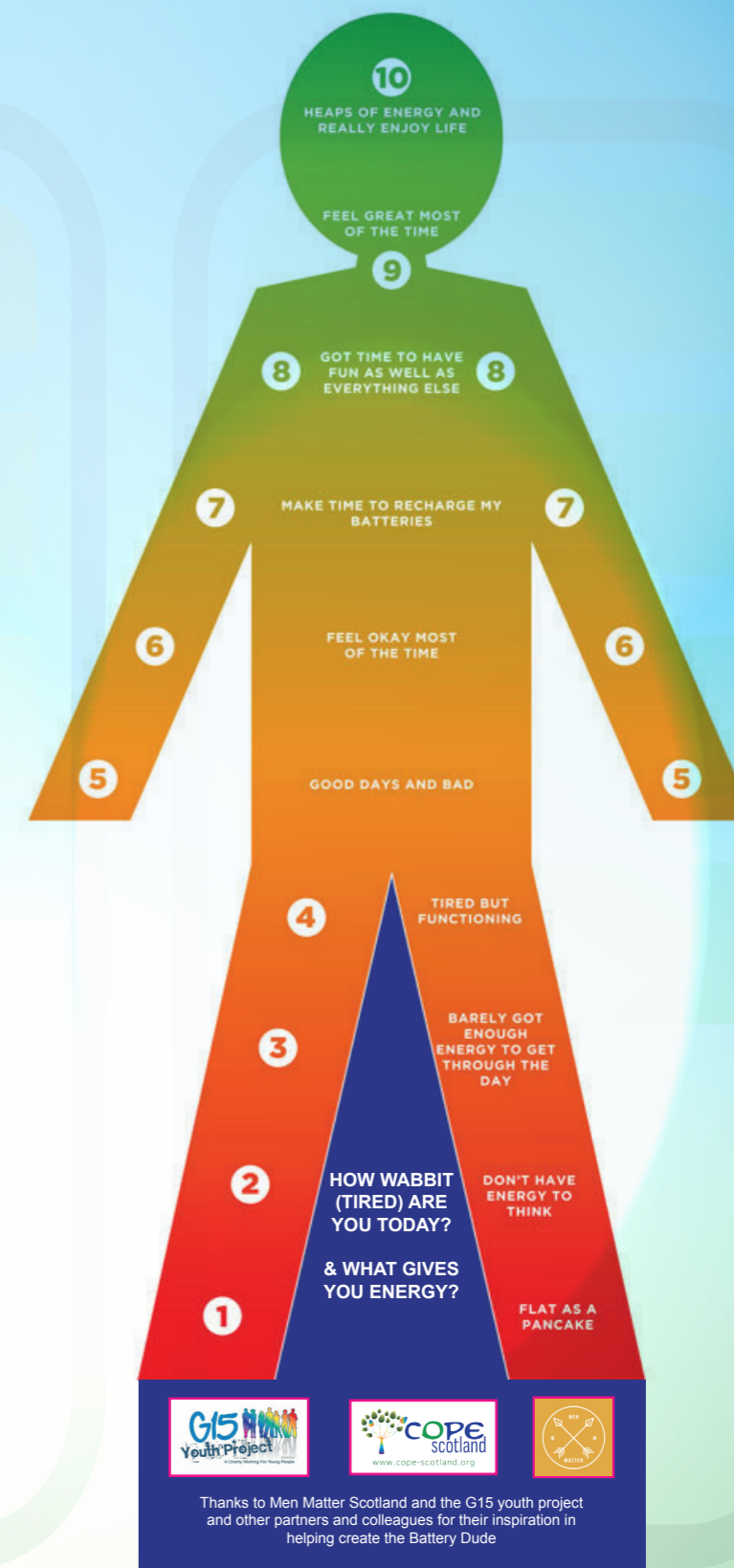


Tips for feeling more energetic



- Find ways to be more active
- Connect with people & try something new
- Get creative
- Learn to relax & chill
- Make time to enjoy a good book
- Get into a healthy sleep routine
- Make time for self-care
- Live life with purpose
- Learn to use my energy wisely
- Eat a balanced diet
- Drink enough water

The Battery Dude



Is a very simple visual tool which can be used daily or as often as you find helpful to reflect on your energy levels Having reflected, it then raises awareness around whether you need to take some time to top your energy back up/recharge your batteries.