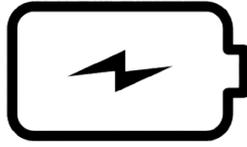


Your Energy Battery



Think about the battery on an electronic device you own or have used, such as a laptop, a cell phone, a handheld gaming system, or your earphones. The battery can be drained by daily activities and use and it can be charged by plugging in the device. People are the same way. We all need to recharge our battery!

Now think about some of the activities and interactions you have in your life. Some might make you feel energized and some might use more of your energy – some things can even be in both categories! We have different ways to use our energy: **physical energy** refers to things that require movement of your body, **mental energy** refers to things that require your attention, concentration, and thinking, **social energy** refers to activities that require interactions with others, and **emotional energy** refers to how you manage situations that involve emotions or require you to deal with stress.

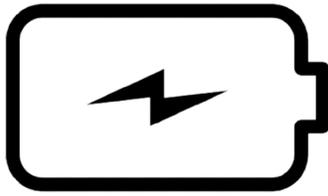
By becoming aware of your own energy levels and of things that make you feel energized or tired, you can manage your energy battery by being sure to **balance out things that charge your battery with things that drain your battery** and to learn when you need a charge or boost!

Here are some examples of things that might affect someone’s battery. Take note that “family dinners” is in both columns because this person enjoys family dinners because it is nice to spend time with family and have conversations but feels drained when they go on for too long or when the conversation turns to politics.

Charging	Draining
<ul style="list-style-type: none">- Spending time with friends- Family Dinners- Extra Sleep- Running- Dancing- Caring for family members- Laughing	<ul style="list-style-type: none">- Family dinners- Household chores- Meetings- Conflict- Planning events- Traffic- Caring for family members-

Now it's your turn:

What charges your battery? What drains your battery?



Charging	Draining

After you've listed things that affect your battery, think about some ways to increase the amount of charging or boosting you get.

Think about how you feel now....

- What do you need more of?
- What do you need less of?
- How can you make that happen?