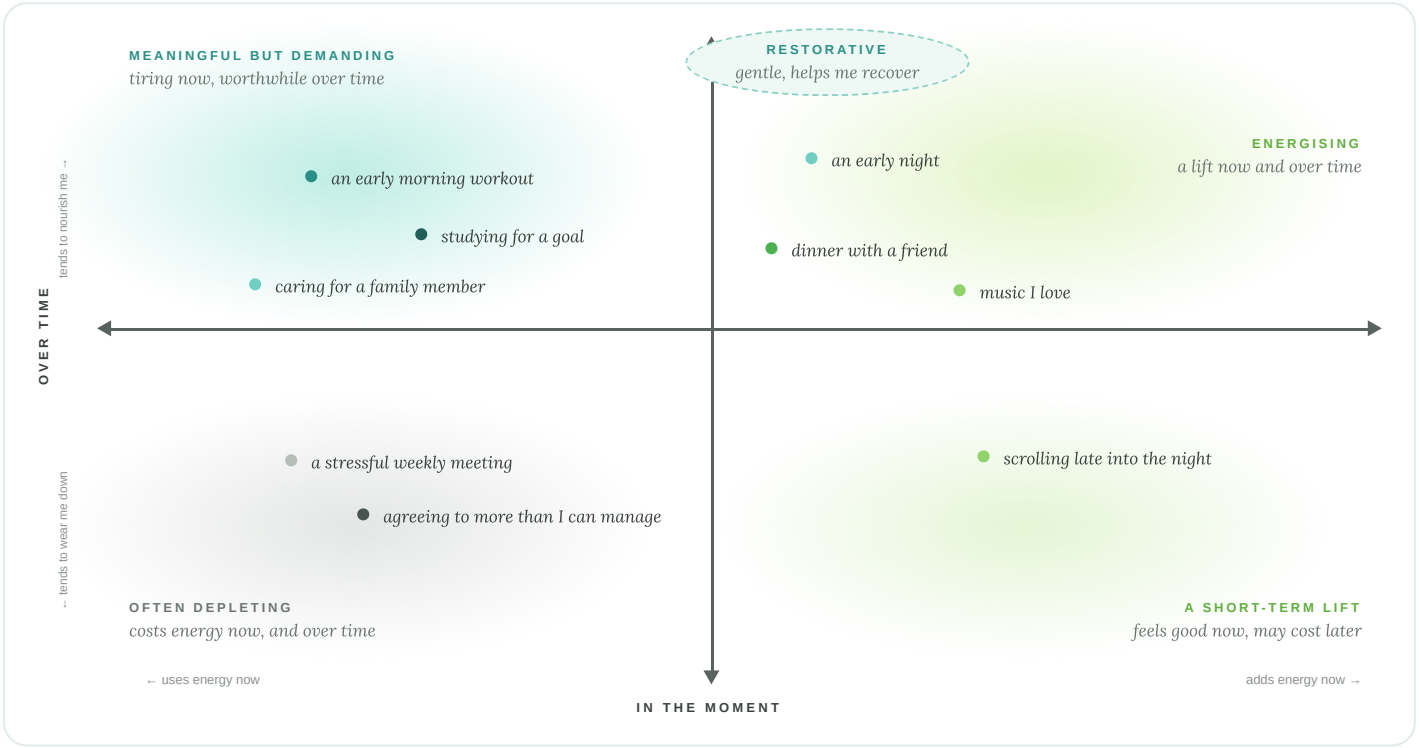
The Things That Give Me Energy

MOOD, MOTIVATION & BEHAVIOUR

THE CENTRAL QUESTION

What gives me energy, and what leaves me drained?

This isn't a test. It's a way of noticing. Some things, like caring for someone or exercising, can be tiring but still good for you. The map asks two things: how does this feel now, and how does it leave me over time?



Examples only. The same activity can sit in a different place for different people, or at different times.

01 What the research suggests

held lightly; people differ

Energy is part of wellbeing

Feeling alive and energetic, which researchers call "subjective vitality", is linked with both mental and physical wellbeing (Ryan & Frederick, 1997).

Recovery comes in different forms

Research on work stress describes four kinds (Sonnentag & Fritz, 2007):

- switching off
- relaxation
- mastery
- control

Tiring and worthwhile can go together

Some recovery comes through effort, like learning a skill. Feeling tired after something meaningful doesn't mean it's bad for you, or that you should stop.

02 Three useful distinctions

questions to keep in mind

Tiring, or draining?

Tiring things can still leave me better off. Draining ones leave me worse off, again and again.

Does the lift last?

Some things feel good for a moment, then fade. Others keep helping for hours or days.

What helps me recover?

Rest, but also a change of pace, time with others, or doing something I'm good at.

A NOTE OF CARE

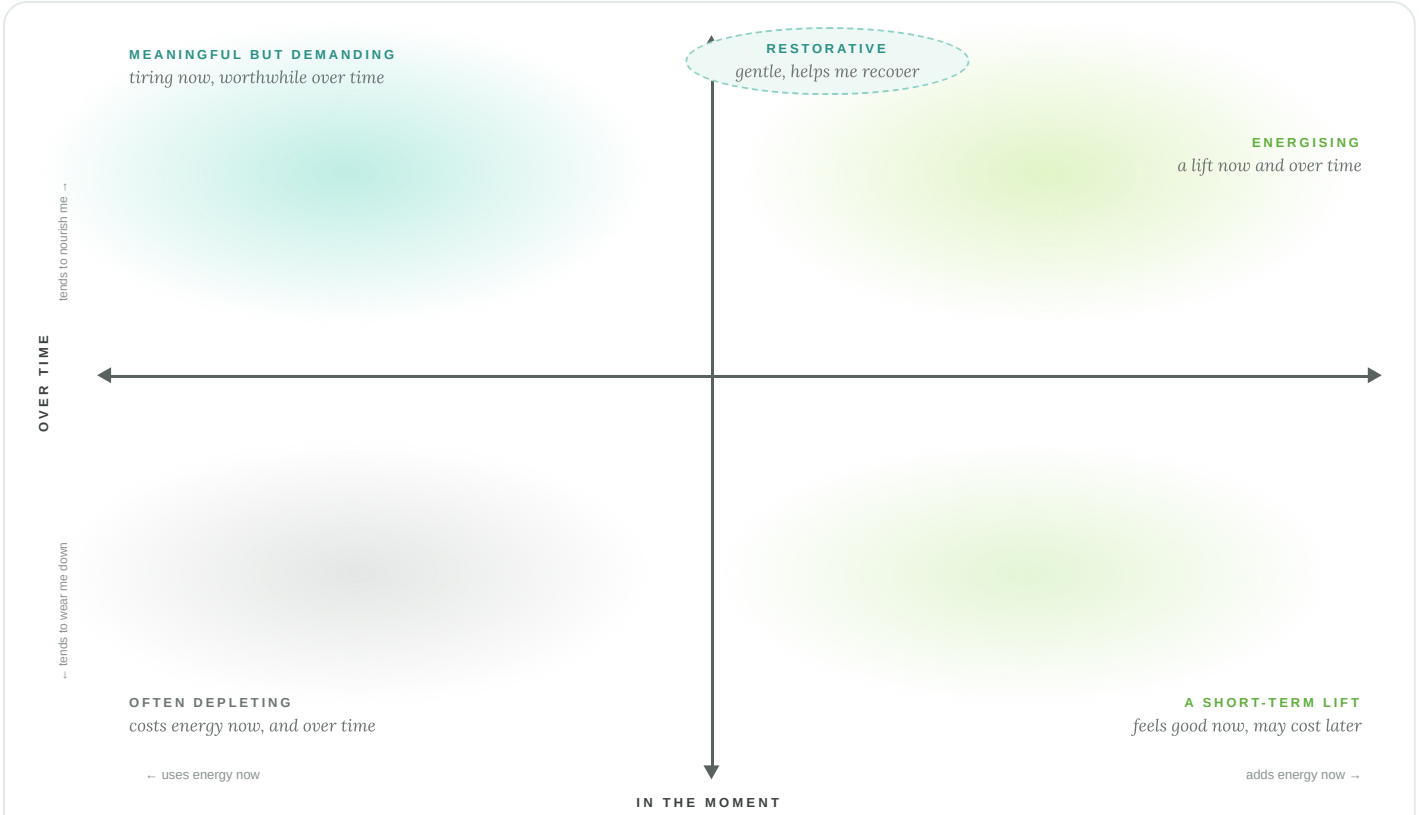
Tiredness that doesn't lift with rest, or comes with low mood, sleep changes or physical symptoms, can have a medical or psychological cause. It's worth talking to your GP about.

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03 My energy and nourishment map

activities, people and places

Think about the last couple of weeks. Write activities, people, places and routines where they seem to fit. It doesn't need to be exact, and something can go in more than one place.



04 Before and after

what changes, and how long it lasts

Rate your energy from 0 (none) to 10 (plenty). Notice whether the effect fades quickly or lasts.

EXPERIENCE	BEFORE	AFTER	HOURS LATER	THE EFFECT WAS…
	☐	☐	☐	○ brief ○ longer-lasting
	☐	☐	☐	○ brief ○ longer-lasting
	☐	☐	☐	○ brief ○ longer-lasting
	☐	☐	☐	○ brief ○ longer-lasting
	☐	☐	☐	○ brief ○ longer-lasting
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	☐	☐	☐	○ brief ○ longer-lasting
	☐	☐	☐	○ brief ○ longer-lasting

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05 Looking more closely

honest, not harsh

Am I getting enough recovery?

which kinds do I have, and which might be missing?

- ○ switching off
- ○ relaxation
- ○ mastery
- ○ a sense of control
- ○ sleep
- ○ time outdoors

What meaningful things have I dropped because I've been tired?

things I'd like to return to, when I can

Where am I spending energy because I feel I have to?

some duties are necessary; which would I choose again?

What could I adjust and still meet my responsibilities?

small changes to timing, amount or support

06 My plan for the week

realistic, not perfect

ONE RESTORATIVE ACTIVITY

to help me recover

day _____ time _____

ONE ENERGISING ACTIVITY

to bring a lift

day _____ time _____

ONE MEANINGFUL BUT DEMANDING ACTIVITY

worth the effort

day _____ time _____

ONE ADJUSTMENT

to ease a strain I could avoid

day _____ time _____

07 At the end of the week

what did I notice?

What made the most difference to my energy?

What would I keep, change or try next week?

SOURCES

Ryan, R. M., & Frederick, C. (1997). On energy, personality, and health: Subjective vitality as a dynamic reflection of well-being. *Journal of Personality, 65*(3), 529–565.

Sonnentag, S., & Fritz, C. (2007). The Recovery Experience Questionnaire: Development and validation of a measure for assessing recuperation and unwinding from work. *Journal of Occupational Health Psychology, 12*(3), 204–221.

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