Introduction to Energy Accounting

Energy accounting is a useful way of exploring and managing day to day stress.

Think of a person's energy levels as a battery. Throughout the day they have experiences that can deplete their energy levels. For example; coping with demands of a busy playground, not sleeping, or noise.

There will be some things that recharge a person's batteries such as time spent on an activity of interest, jumping on a trampoline or enjoying fresh air for example.

When energy levels get too low meltdowns are more likely to occur as the person may be struggling to deal with demands.

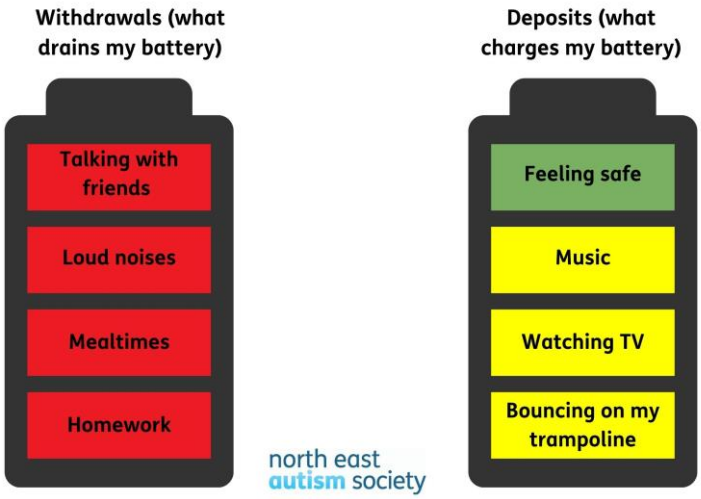
The idea is to provide and support opportunities to recharge a person's battery before it gets too low.

When a person's battery is completely empty, they will need time to recover and recharge to avoid burnout.

Energy accounting is a simple activity you can do for yourself and your family to highlight what drains your energy levels (also known as withdrawals) and what boosts your energy (known as deposits).

Step by step guide:

1. We have made an example below to help you think of some activities that may drain or boost your energy levels. We also have a blank template under the emotional wellbeing section of family resources
2. Make a list of all the things that drain your energy
3. Make a list of all the things that boost your energy
4. Put numbers next to each one or list them in a high to low order to highlight how much energy this drains or boosts the battery by



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