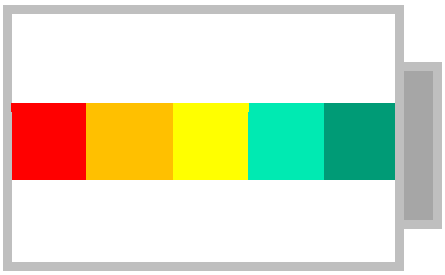
Feeling calm and ready for anything…

Try Energy Accounting!

Energy accounting is a tool for managing stress and anxiety. It is a great way of helping yourself stay calm and ready for anything.

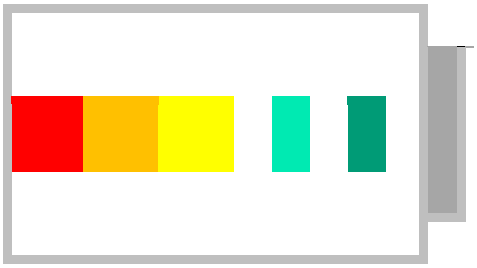
Energy Accounting: The Battery



Think of the energy you have available each day as like a rechargeable battery.

Some activities in the school day drain your energy. This can include having to work in a noisy classroom, managing changes, other pupils breaking rules or socialising for example. Even if an activity is fun overall (e.g. play at lunch) it can also cause you a bit of stress and withdraw energy. When an activity drains energy from your battery it makes you feel tired (and sometimes anxious too).

Energy Accounting: Charging the battery…



On the other hand some activities recharge your battery.

This includes activities you find restful or fun, such as time on your interests or hobbies, pets, being outside, time alone in your own space or whatever you like to do. Eating healthily and getting good sleep works too! Doing *more* of these activities restores energy: it recharges your battery. When an activity recharges your battery it makes you feel calmer, and a bit rested.

Energy Accounting: running out of energy (flat battery)

This is something to avoid.

When your battery runs out of energy you have no energy left to cope with *anything*. You can feel anxious stressed and unable to cope. You need a lot of time and space to recharge.

Managing your battery day by day

It is important to work every day to keep your battery healthy by doing *more* of the activities that recharge your batteries while *managing* those that draw from it. When you *know* you are going to have withdrawals of energy in your school day you just make *sure* you charge up your battery up beforehand and after.

It often helps to plan to 'recharge your battery' a little every day, at the same time. Try setting aside a time before and after school each day for a recharge. This will reduce the chances of your battery going flat and help your feel calmer, and more in control. If you do feel your battery going a little flat – top it up with some extra time doing the activities you enjoy or find calming.

Want some ideas on other activities to try? How about…

Listening to music	A favourite film	Cycle ride	Lego building
Coding	A warm bath	Writing in a diary	Baking
Mindful colouring	Time away from screens	Dancing	Making music
Board games	Football in the park	Time with pets	Minecraft

Sue Granger, Learning Support Team, 2022