


What is an Energy Map?

An Energy Map is a way to figure out what gives you energy and what drains it.

Knowing this helps you plan your day, take breaks, and stay refreshed.

Everyone's map is different. What's energising for one person might be draining for someone else.






Things to think about when creating your Energy Map

What activities, people, or things give you energy and make you feel happy or excited? Write those in the Energiser column.

Now, what makes you feel tired, stressed, or annoyed? Write those in the Drainer column.

How to use your Energy Map



- When you're feeling low, look at your Energiser list and try doing one of those activities.
 - If you know something on your Drainer list is coming up, plan a break or ask for help.
 - The goal isn't to avoid all Drainers – it's to balance your day so you feel good overall.
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Example Energy Map

 MY ENERGISERS	 MY DRAINERS
Playing my favourite video games	Too much homework all at once
Seeing friends	Arguments
Listening to music	Loud or chaotic environments
Playing sports	Sitting still for a long time
Drawing, painting or crafting	Tasks I don't enjoy
Solving puzzles or doing brain games	Not getting enough sleep
Spending time with my pet	Being around negative people
Watching my favourite TV shows	Feeling rushed or under pressure

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My Own Energy Map

 MY ENERGISERS	 MY DRAINERS

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