WORKSHEET 99 · FOR THE PSYCHOLOGIST

My energy budget

Seeing what drains me and what recharges me

AIM

Help the person observe, for a week, the activities that consume or restore their energy, so as to rebalance their schedule.

WHO IT IS FOR

Tiredness, burnout, feeling of never recovering.

DURATION

5 min a day for a week

HOW TO RUN IT

1. Introduce the image of a budget: some activities cost energy and others give it back.
2. For a week, note the activities and their effect (-5 to +5).
3. At the review, spot the big “leaks” and the activities that recharge.
4. Plan at least one recharging activity a day and a possible reduction of one draining activity.

POINTS TO WATCH

> In times of exhaustion, even leisure can be tiring: adjust the size of the activities.

REFERENCES

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Maslach, C. & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. World Psychiatry, 15(2), 103-111.

PSYCHOLOGIST’S NOTES

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WORKSHEET 99 · WORKSHEET TO HAND OUT

My energy budget

Your energy is like a bank account: some activities spend it and others top it up. When we are exhausted, the account is in the red. Watch where your energy goes for a week.

1. Note your activities for the day.
2. For each one, its effect on your energy, from -5 (drains me) to +5 (recharges me).
3. At the end of the week, circle what drains you most and what recharges you most.
4. One thing to reduce and one to add next week.

Day	Activity	Effect on my energy (-5 to +5)

What really recharges me?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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