

SAFE HAVEN CONNECT CIC · REGISTERED CIC

MY ENERGY ECONOMY

Spending, saving and protecting my limited energy - without treating rest as something I have to earn

NEW DISABILITY WORKBOOK SERIES - BOOK 16

This workbook belongs to:

Energy can be limited, unpredictable or expensive to replace. The aim is not perfect productivity. It is learning what things cost, what matters enough to spend energy on, and where life can be made less demanding.

Welcome

Some activities cost more energy because of pain, fatigue, sensory processing, mobility, executive function, communication or inaccessible environments. Your energy budget may also change from day to day.

Something that uses much more energy than people realise:

1. What Does Energy Feel Like for Me?

Notice how low, medium and higher capacity feel in your body and brain.

Capacity	What I notice	What I need
Higher energy		
Medium energy		
Running low		
Nearly empty		
Completely depleted		

2. My Energy Currency

Choose a simple way to picture your energy. It could be points, coins, battery percentage, spoons or something completely different.

My energy currency will be:

3. What Costs Me Energy?

Some costs are obvious; others are hidden.

- ☐ Getting ready
- ☐ Travel
- ☐ Standing / walking / moving
- ☐ Pain management
- ☐ Noise / sensory input
- ☐ Conversation
- ☐ Decision-making
- ☐ Masking
- ☐ Cooking
- ☐ Appointments
- ☐ Paperwork
- ☐ Unexpected change
- ☐ Recovery after activities

My notes / what applies to me:

4. My Energy Price List

Estimate the relative cost of common activities.

Activity	Energy cost	What changes the cost?
	Low / Med / High	
	Low / Med / High	
	Low / Med / High	
	Low / Med / High	
	Low / Med / High	
	Low / Med / High	
	Low / Med / High	
	Low / Med / High	

5. Hidden Energy Fees

An activity may have preparation and recovery costs as well as the activity itself.

Activity	Preparation cost	Main cost	Recovery cost

6. What Gives Energy Back?

Restoration is individual and may not mean feeling fully refreshed.

- ☐ Quiet
- ☐ Sleep
- ☐ Lying down
- ☐ Time alone
- ☐ Special interests
- ☐ Music / audio
- ☐ Nature
- ☐ Comfortable movement
- ☐ Familiar food / drink
- ☐ Low-demand company
- ☐ Sensory tools
- ☐ Doing nothing

My notes / what applies to me:

7. Rest Before Empty

Rest can be preventative, not only emergency repair.

Signs that tell me I should reduce demands before I completely run out:

8. My Non-Negotiable Energy Costs

Some things need energy whether or not they are enjoyable.

Essential demand	Approx. cost	How I can make it cheaper

9. My Choice Energy Costs

Some energy spending is optional and worth it because it matters to me.

Thing I choose	Energy cost	Is it worth the cost to me?
		Yes / No / Sometimes
		Yes / No / Sometimes
		Yes / No / Sometimes
		Yes / No / Sometimes
		Yes / No / Sometimes
		Yes / No / Sometimes
		Yes / No / Sometimes

10. The Energy Cost of Fun

Enjoyable things can still cause fatigue or overload.

Something enjoyable that costs me a lot of energy:

Why it is worth doing sometimes:

What makes it less expensive:

Recovery I need afterwards:

How I know when today is not the day for it:

11. The Energy Cost of Access Barriers

Sometimes the environment makes the same activity unnecessarily expensive.

Activity	Barrier adding energy cost	Access change that would reduce it

12. The Energy Cost of People

Different social situations may have very different costs.

Social situation	Energy cost	Recovery / adaptation
One-to-one		
Small group		
Large group		
Phone / video		
Online text		
New people		
Familiar people		

13. Communication Energy

Talking, processing, AAC, phone calls and explaining needs can all use energy.

Communication	Cost	Lower-energy option
Speaking		
Listening / processing		
Phone call		
Long conversation		
Explaining access needs		
AAC / typing		
Group discussion		

14. Decision Energy

Too many decisions can drain capacity.

Ways I can reduce unnecessary decisions:

15. Energy & Executive Function

Low energy can make starting, sequencing and switching tasks harder.

When energy is low...	What helps
Starting tasks is harder	
I lose track of steps	
Decisions feel impossible	
Switching tasks is harder	
I forget things	
I cannot prioritise	
Everything feels equally urgent	

16. My Peak-Energy Window

If your energy varies across the day, notice when demanding tasks fit best.

Time / part of day	Typical energy	Tasks that fit here
Morning		
Late morning		
Afternoon		
Evening		
Late evening		

17. Pacing Without Turning Life Into Maths

Tracking can be useful, but you do not have to calculate every moment.

A sign I have done enough for now:

A natural place I could add a pause:

An activity I tend to keep doing past my limit:

A gentler stopping point could be:

What I want pacing to protect time / energy for:

18. Energy Debt

Sometimes we spend tomorrow's energy today.

Something I sometimes push through for:

What the next-day cost can look like:

When that trade-off feels worth it to me:

When it is not worth it:

What could reduce the debt:

19. Recovery Is Part of the Activity

A plan is incomplete if it includes the event but not the recovery afterwards.

Activity	Recovery time / needs	What I should avoid scheduling afterwards

20. Protecting Energy With Boundaries

A boundary can protect capacity for what matters.

- ☐ Leaving an event early
- ☐ Not answering immediately
- ☐ Scheduling fewer things
- ☐ Saying no
- ☐ Asking for a quieter space
- ☐ Choosing text instead of phone
- ☐ Taking breaks
- ☐ Not explaining myself repeatedly
- ☐ Keeping recovery time free

My notes / what applies to me:

21. Energy-Saving Adaptations

The easier method is still a valid method.

Energy-expensive way	Easier / adapted way

22. My Low-Energy Version

Create a simpler version of an ordinary day.

Normal version	Low-energy version
Getting ready	
Food	
Household tasks	
Communication	
Shopping / errands	
Social contact	
Work / learning	

23. Planning an Energy-Expensive Day

Some days are worth planning around.

The energy-expensive event / task:

What can I reduce beforehand?

What access adjustments will reduce the cost?

What will I take / prepare?

What can I cancel or simplify afterwards?

Recovery time I will protect:

My backup plan if my energy is lower than expected:

24. My Energy Experiment

Change one energy cost and see what happens.

Energy cost I want to reduce:

What will I change?

Will I rest earlier, adapt, share, simplify or say no?

What happened to my energy?

Did recovery change?

What will I keep doing differently?

25. My Personal Energy Budget

Plan around capacity without expecting every day to have the same budget.

Energy I need to reserve for...	Energy I choose to spend on...
Things that save energy	Things that restore / protect energy

26. My Energy Passport

A concise page you can choose to share with people who support, work or spend time with you.

My early signs of low energy	
Things that drain me quickly	
Access barriers that increase the cost	
What helps me conserve energy	
How I communicate when depleted	
Rest / recovery that helps	
What people should not assume	
How others can help protect my energy	

My Energy Rules

My energy is a resource, not a measure of my worth.

I want to spend more of my energy on:

I want to spend less energy on:

I am allowed to make this easier:

I am allowed to rest before:

One boundary that protects my energy:

Notes

This workbook is a general disability-focused energy-management and self-understanding resource. Energy limitation can have many causes and may fluctuate. This workbook does not diagnose fatigue or prescribe activity levels. New, severe or changing symptoms may need appropriate healthcare assessment, and individual pacing or rehabilitation advice should be personalised where relevant.

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