

THE ENERGY BANK

Invest

Invest in yourself! Spend time participating in activities that you enjoy. Explore new hobbies and leisurely activities you may enjoy.

Save

Save for a rainy day. Expect the activities that will require extra energy, and those that will not. Conserve energy for upcoming events that are expected to be draining.

Avoid over-spending

Avoid the overdraft fee and be mindful of overspending of your energy. If possible, plan time to relax between more busy days.

An occupational therapist can collaborate with you to determine portions of your routine which may be adapted, modified or adjusted to accommodate your needs.

