



raise

*Standing for
Mental Health
& Wellbeing*

TAKE OUR ENERGY AUDIT



a joint venture with



**Southern Cross
Healthcare**

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TAKE OUR ENERGY AUDIT

Tick the statements that are true for you.

BODY

- I often wake up feeling tired, no matter how much sleep I've had.
- I often skip breakfast, or settle for something I know isn't nutritious.
- I don't work out enough (cardiovascular exercise at least three times a week and strength exercises at least a couple of times a week).
- I don't take regular breaks during the day to really refresh and recharge, or I often eat lunch at my desk (if I eat it at all).

EMOTIONS

- I often find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.
- I don't have enough time with my family and loved ones, and when I am with them, I'm not always really present.
- I have too little time for the activities I love to do the most.
- I don't stop often enough to express my appreciation to others or to enjoy my own accomplishments and blessings.

MIND

- I have difficulty focusing on one thing at a time and I am easily distracted during the day, like by my emails and social media.
- I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage.
- I don't take enough time for reflection, planning, and creative thinking.
- I work outside of my normal working hours (e.g., evenings and/or weekends), and I almost never take an email-free break.

SPIRIT

- I don't spend enough time at work doing what I do best and/or enjoy the most.
- There are big gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.
- I feel like I don't invest enough time and energy in making a positive difference to others or to the world.

WHAT DO YOU NEED TO WORK ON?

How is your energy in each category?

Add up the number of ticks in each.

Body Mind Emotions Spirit

Guide to category scores

- 0 Excellent energy management skills
- 1 Good energy management skills
- 2 Some energy management
- 3 Poor energy management skills
- 4 Cause for concern – take action and/or seek support

HOW IS YOUR OVERALL ENERGY?

Add up the number of statements ticked:

Guide to overall scores

- 0–3 Excellent energy management skills
- 4–6 Reasonable energy management skills
- 7–10 Several energy management deficits
- 11–16 Cause for concern – take action and/or seek support