



raise

*Standing for  
Mental Health  
& Wellbeing*

# TAKE OUR ENERGY AUDIT



a joint venture with



**Southern Cross  
Healthcare**

P 0800 SELF HELP  
E [referrals@raisementalhealth.co.nz](mailto:referrals@raisementalhealth.co.nz)  
W [www.raisementalhealth.co.nz](http://www.raisementalhealth.co.nz)

# 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