

# Self-care battery



As with a battery, there are things that may help us recharge our wellbeing (things on the left). But there may also be some things that life throws at us which can drain us (things on the right). Both what drains us and what recharges us is individual to us all.

**Where on the battery do you feel currently?**

**Trying the self-care activities on the left could help make things easier. Is there anything else that may help you to recharge?**

## Things that could help me recharge:

- Build the [Five Ways to Wellbeing](#) (Connect, Be active, Take notice, Learn and Give) into every day.
- Be kinder to myself
- Make time for reflection
- Explore ways to [get active](#)
- Spend time with people
- [Try to get enough sleep](#)
- [Consider what I eat with a balanced diet](#)
- Give myself some tech-free time
- Try to learn something new
- Try [mindfulness](#)
- Try to spend time in nature

## What else could I try?

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## Things that could be draining me:

- The coronavirus pandemic
- Worrying about returning to work
- Problems with my sleep
- Changes in how I eat and my appetite
- Feeling isolated or lonely
- Problems with money
- Stress (including at home and/or at work)
- Caring responsibilities
- Problems with drugs and alcohol
- Mental or physical health problems

## What else is affecting/draining me?

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