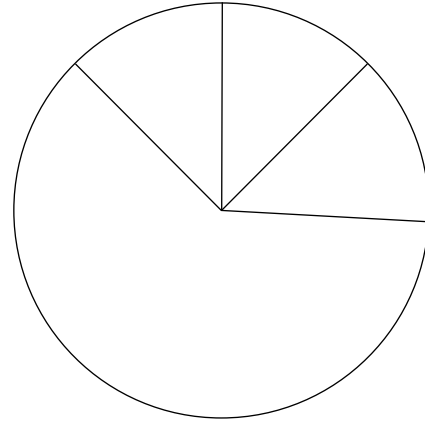


Manage Your Energy

Your Energy Budget

Take care of yourself to make sure you have enough energy to manage all areas of your life:

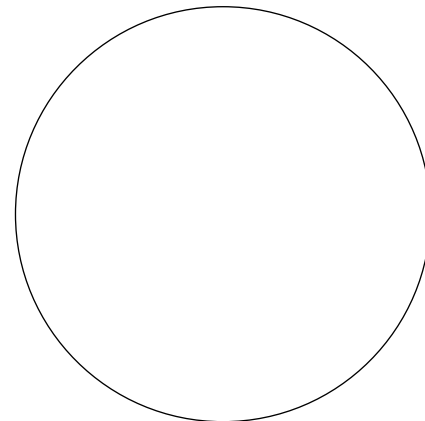
- care of yourself
- medical care
- care of others
- community
- work, volunteering.



Your Energy Budget

The top priority during your recovery needs to be taking care of you:

- set realistic expectations
- ask for help when needed
- take care of your needs
- adjust expectations when needed.



Your Energy Budget is Like a Checking Account

Your balance varies from day to day, based on the “expenses” and “deposits” put in. You have a minimum balance. If you fall below that mark, you experience “penalties.”

Penalties can:

- be physical such as increased pain
- affect thinking such as difficulty concentrating or having memory errors
- affect your mood such as an increase in irritability.

