ENERGY ACCOUNTING

Notice what drains you. Make room for what restores you.

1 Your energy is a daily account

Every activity or experience can use energy (a withdrawal) or replenish it (a deposit). Your personal energy 'currency' changes with the day, your environment, stress, sleep and sensory load. This is a reflection tool—not a test, and there is no right score.



WITHDRAWALS • energy used

- Socialising
- Unexpected change
- Making a mistake
- Sensory overload or sensitivity
- Daily living tasks
- Anxiety or uncertainty
- Replaying social interactions
- Other people's moods
- Teasing or exclusion
- Crowds and busy places
- Appointments or agencies
- Body-image worries
- Perceived injustice
- Difficult interactions

DEPOSITS • energy restored

- Quiet solitude
- Special interests
- Gentle physical activity
- Animals and nature
- Favourite games
- Mindfulness or meditation
- Caring connection
- Nourishing food and water
- Rest and sleep
- Reading or absorbing interests
- A mental-health rest day
- Helpful information
- Time with pets
- Safe, supportive people

The same activity can be a deposit for one person and a withdrawal for another—or change from day to day.

3 Balance the books

1 LIST

Write down today's energy withdrawals and deposits.

2 SCORE

Give each item a personal score from 0–100 for how much energy it used or restored. Use the same scale consistently; these are estimates, not measurements.

3 ADD

Total the withdrawal scores and the deposit scores separately.

4 COMPARE

Deposits minus withdrawals = your energy balance.
If deposits are higher, you may feel replenished; if withdrawals are higher, you may end the day depleted. A negative balance is information, not failure.

4 Your daily energy ledger

WITHDRAWALS (total)	DEPOSITS (total)
_____	_____

DEPOSITS − WITHDRAWALS = DAILY BALANCE

Credit:	Even:	Debit:
more replenishment	roughly balanced	more energy used

5 Plan a deposit for tomorrow

- What drained me most?
- What helped, even a little?
- What can I reduce, simplify, postpone or ask help with?
- Which restorative activity can I schedule tomorrow or this week?

Example: *If a busy social day costs 70 points and quiet time, a meal and rest add 40, the balance is −30. Plan extra recovery before adding more demands.*

6 Why balance matters

Repeatedly using more energy than you can restore may increase stress, exhaustion and vulnerability to low mood. Over time, persistent depletion can be one factor associated with depression—but depression has many causes, and an energy ledger cannot diagnose or prevent it on its own. If low mood, loss of interest or exhaustion persists, seek support from a qualified health professional.

Adapted as a practical reflection on energy accounting; inspired by Maja Toudal's work. Personalise your scores and your deposits.