

## Self-Care Exercise: Energy balance

### **The goal of the self-care exercise**

The goal of this exercise is to achieve awareness of your current energy level. You will get to know your energy givers and your energy takers. It will help you to initiate changes to raise your energy level. Used as a group/team activity it can provide support in assessing the energy of the group/team.

### **For whom?**

Self-care exercise for activists, groups, teams, and staff members.

### **Type of the exercise**

Self-reflection, constellation work in pairs, the method of the exercise invites you to meet all your dimensions: body, emotion, mind, soul.

### **Suggestions for a good timing**

- Plan 90 minutes for applying and sharing the exercise.
- As an initial part of a retreat or group meeting the outcomes of the exercise may help you to plan upcoming tasks more realistically.
- In case of exhaustion (individually or as a group) the exercise may help you to raise the energy level ("recharge the batteries").

### **Note**

- You will do the exercise in pairs and you will gain personal insights from each other. Please consider voluntariness (the exercise can be stopped at any time) and keep confidentiality. After the exercise do not share any details with others.
- In case of pre-existing conflicts in the group, please consider conflict resolution before applying the energy exercise.

### **Source of this exercise:**

The exercise has been reworked by Alena Mehlau and Maria Zemp according to the template of "Energiefass" by Sylvia Kéré Wellensiek, Handbuch Resilienz-Training, 2011 Beltz Verlag. Translation into English was done by Alena Mehlau.

## Instructions for applying the exercise:

1. Decide together who will be first the interviewee and who will be the interviewer.
2. Place the sheets with the full battery and empty battery in front of the interviewee on the floor.
3. The interviewee steps on the **red sheet** with the **empty battery**. Feel how your body is losing energy and how you feel more and more drained when standing on the sheet.
4. The interviewer asks the question: which thoughts, activities, things, situations or persons **take away** your energy?
5. The interviewer notes the answers on the worksheet.
6. The interviewer repeats this question **several times**, a minimum of five times. Through repetition, we can gain access to subconscious personal “energy hogs” which are usually under the surface. The interviewer only stops the questioning when the interviewee is really out of new answers.
7. The interviewee steps back from the sheet with the empty energy and shakes out arms and legs to get rid of the “drained” feeling.
8. The interviewee steps on the **green sheet** with the full battery. Feel how you become more and more energetic and activated.
9. The interviewer asks the question: which thoughts, activities, things, situations or persons **give** you energy?
10. The interviewer notes the answers on the worksheet and repeats the question several times, until the interviewee cannot think of any new answers.
11. The interviewer hands the worksheet with the notes to the interviewee.
12. Then repeat the exercise with changed roles.

## Partner Interview: Energy balance



**What takes my energy?**

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**What gives me energy?**

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