

Worksheet (individual)

Refuelling the tank – fuel in, fuel out



This worksheet will help you recognise what tops you up and what drains you. It will help you assess your levels of stress and understand when to take action.

We all face multiple demands on our time and energy. Keeping track of how full our wellbeing tank is allows us to manage these demands and have space for enjoyment.

Sometimes, unexpected stressors can drain our tanks, leaving us out of fuel for our day-to-day activities. There are also times when we can plan ahead, knowing that soon we will need more fuel to get through.

Recognising what is happening that empties our tank and what fills it can help us manage our journeys.

We interact everyday with places, people, technology, ideas and systems. Some offer support and opportunities; others can be frustrated and act as barriers to our goals.

The following frameworks help highlight the different aspects of life we all experience. Consider which ones impact your life, topping up or draining your tank.

Taha whānau – social wellbeing

- Social support, social cohesion
- Participation in community and public affairs
- Family connection, whakapapa
- Communication networks
- Safety
- Health of family
- Changes in family members

Taha tinana – physical wellbeing

- Housing conditions and location
- Working conditions
- Quality of air, water and soil (including pollution)
- Noise, temperature, weather, seasons
- Health, injuries
- Public safety
- Transmission of infectious disease

Taha wairua – spiritual wellbeing

- Cultural participation
- Expression of cultural values and practices
- Racism and discrimination
- Access to marae and cultural resources
- Perception of safety
- Attitudes to disability
- Sites of cultural significance

Taha hinengaro – mental wellbeing

- Employment
- Education and opportunities
- Creation and distribution of wealth
- Income and finances
- Affordable, quality, housing
- Public transport/traffic
- Urban design
- Change in roles

FUEL IN



FUEL OUT

Fun activities, achieving goals, interests/hobbies, involvement in groups and community, cultural activities



PHYSICAL AND MENTAL EFFORT



Doing too much or too little, intense efforts or efforts that go on for a long time

Feeling valued and trusted, having a purpose, feeling capable, finding enjoyment



EMOTIONAL

Conflicts, worries or responsibilities



Good sleep, rest and relaxation, healthy eating and exercise, access to support, managing injuries or illness well



HEALTH

Injuries, illness, pain, poor sleep, poor nutrition, not enough exercise



Supportive relationships with friends, whānau & colleagues, being valued and having others to talk with. Feeling connected. Belonging to a group, whanaungatanga, cultural connections



RELATIONSHIPS

Conflict, isolation, violence, not feeling valued or included, loneliness, experiencing racism and other forms of discrimination



Healthy, pleasant environments that you enjoy and support you to do activities and connect with people and nature



ENVIRONMENT

Unhealthy, hazards, unpleasant, noisy, too hot, cold or damp, uncomfortable or difficult living or working environments



Work that is stimulating and rewarding, meets your financial needs, provides a good balance of hours/flexible hours, supportive relationships



WORK

Shift work, uncertain work, long hours, too short hours, low support, under-resourced to do the job, no work



GLOBAL

Don't forget to consider the national and global things that can impact our wellbeing such as news and events, international conflict, natural disasters, discrimination, colonisation, climate change, global economics, environmental issues, government policies.

Activity – checking your fuel tank level

1. Think about the last week – what things happened and what things did you do?
2. Note down what was fuel in and what was fuel out.

Fuel in:

These are thoughts and activities that relaxed you, gave you enjoyment, reinvigorated or strengthened your body, taught you new skills and connected you to people who refuel your tank. Time spent thinking or remembering pleasant memories or noticing skills and growth also help top you up.

Fuel out:

The thoughts and activities that used your physical, mental or emotional effort drain your fuel tank. Issues that caused you worry, made you upset or angry drain the tank too – this might even be time spent thinking about problems coming up or that had happened in the past.

3. Have you got more going out then coming in?

If you are running low, think about what you can do to top up your tank and reduce the things using up your energy.

Think about:

- How you can increase rest, relaxation and recovery
- How you can reprioritise and leave non-urgent things for later
- What supports are available
- Looking after your physical and mental health

4. Note down the supports you can call on to help top you up and reduce emptying your tank.

Fuel in:

ACTIVITY

WHAT, WHERE OR WHO
TOPS YOU UP?

e.g. coffee with friend

Fuel out:

ACTIVITY

WHAT, WHERE OR WHO
SUPPORTS YOU?

e.g. traffic in the morning