

Worksheet (individual)

**Refuelling the tank – fuel in, fuel out**

**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:**  ACTIVITY | WHAT, WHERE OR WHO  TOPS YOU UP? | **Fuel out:**  ACTIVITY | WHAT, WHERE OR WHO  SUPPORTS YOU? |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. 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

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