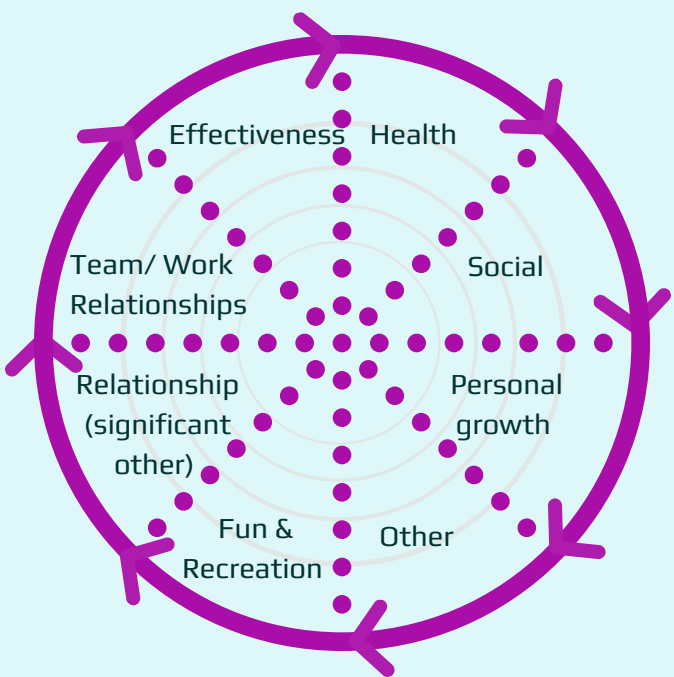


RESET & RECHARGE

Although welcome by some, WFH has triggered a lot of distress for the majority of people. Let's have a look at your Emotional Energy resources and make a plan to boost them!



Where's the pain?

How big is the discomfort you experience in each of these affected areas? Scale it from 1 to 5, where 1=low discomfort, 5= severe discomfort. Then write down some activities you perceive would decrease your level of discomfort.

.....

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.....

.....

Let's dive in

How much time do you spend in each quadrant on a regular day? Write an approximation in the field next to each quadrant title (ex

20%).

Low

Energy level

High

Survival

% of a day

- Impatient
- Irritable
- Frustrated

- Defensive
- Anxious
- Ruminating

Performance

% of a day

- Calm
- Optimistic
- Challenged
- Engaged
- Invigorated
- *Authentic emotions*

Impact

Impact

- Exhausted
- Empty
- Depressed
- Hopeless

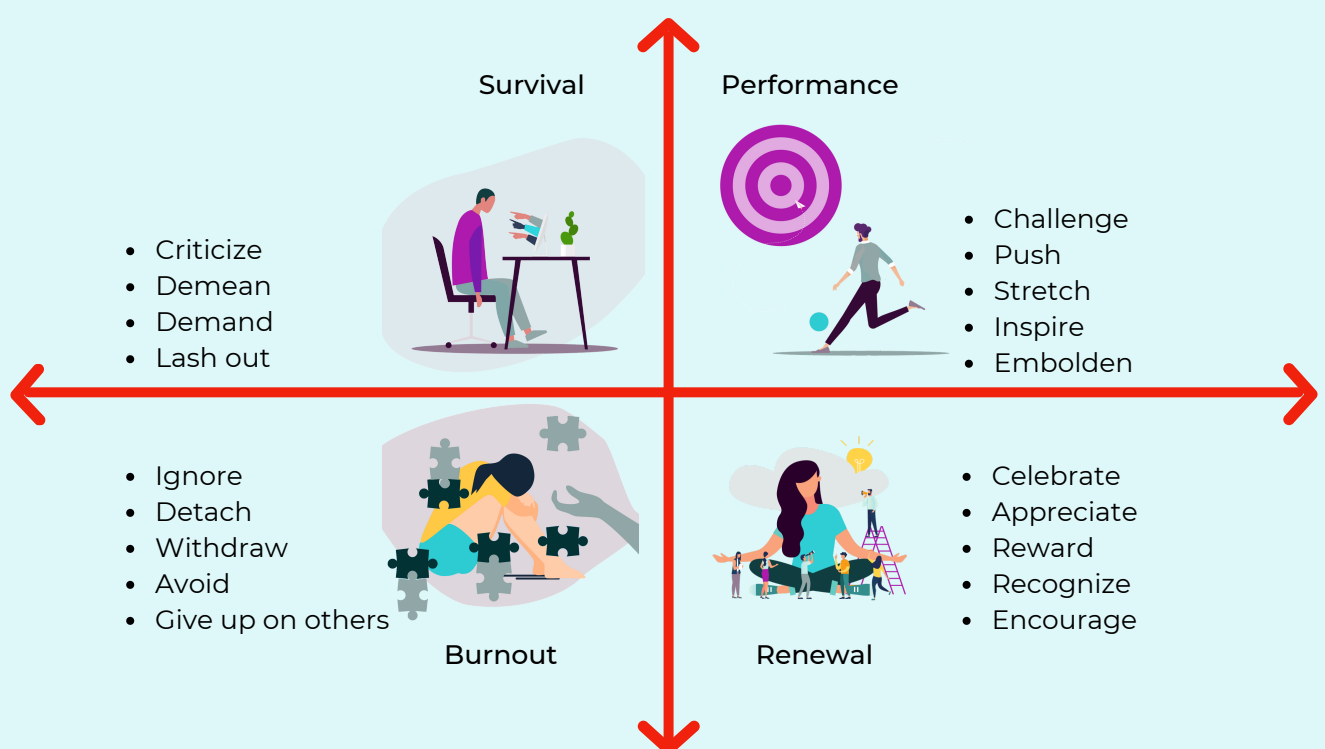
Burnout

% of a day

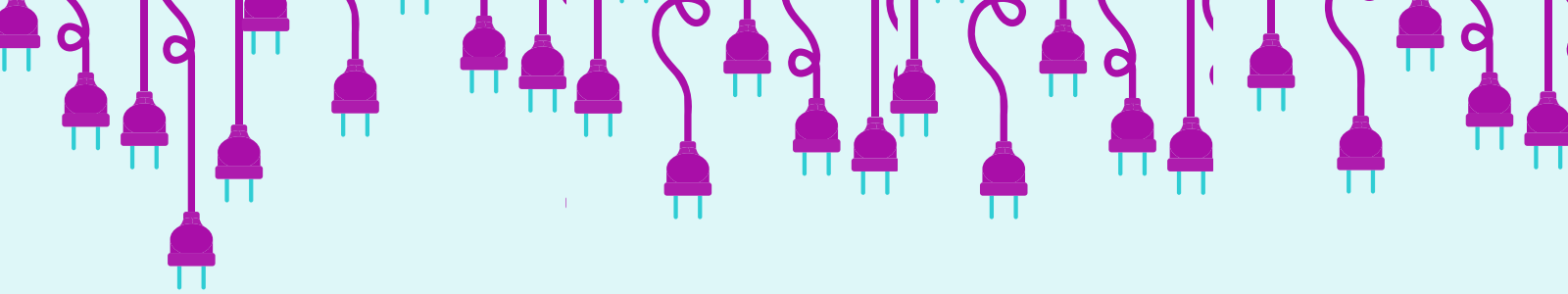
Renewal

% of a day

Here are the behaviours triggered by each of those emotional states. Which of those do you recognise in yourself and/or others?



Now turn the page and let's make some plans for Recharging!



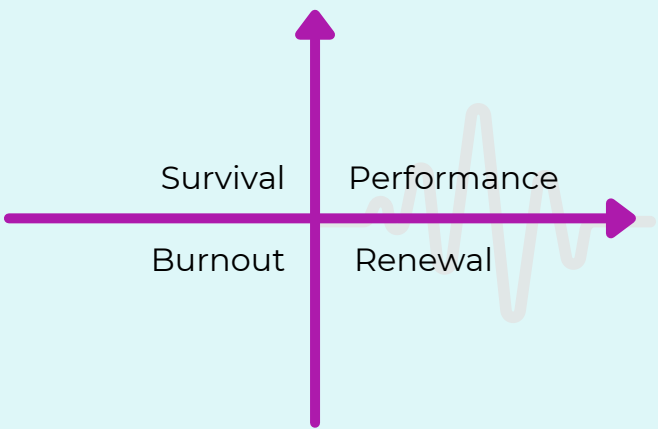
If we push ourselves to be in Performance mode ALL of the awake-time, we will soon end up in Survival and then slide into Burnout. We need to alternate between Performance and Renewal.

Set aside 2/3 specific times during the day to ask yourself what emotional quadrant you're in; If it's on the left hand side, ask yourself: „How did I end up there?“ When might you check-in with your emotional state during a day? Write it down (ex: morning coffee, lunch espresso etc):

.....

.....

TIP
01



TIP
02

Intentionally spend time in the Renewal Zone: what are some activities you enjoy doing?(reading, yoga, massage etc). Write down at least 2:

.....

.....

When might you integrate more of those in your schedule?(ex: cook breakfast in the morning)

.....



Ask yourself: „How is my emotional state impacting those around me?“ Who are the 2 people most impacted by your emotional state?

How are they impacted? What do you notice in their behaviour? What do they say?

.....

.....

TIP
03



TIP
04

Start noticing the physical indicators of being triggered (pulse change, tightness, queasiness). How does Survival show up in your body?

What about your mind? What do you tell yourself when not performing or recharging?

.....



Give appreciation! Who is one person you feel like offering appreciation to?

What do you appreciate about him/ her?

When will you reach out to give appreciation to this person?

.....

TIP
05



TIP
06

Identify a conflict that you are failing to address. Who's it with?

What are you feeling regarding this conflict?

If you could ask the person in the conflict anything, what would you ask?

.....



Want to befriend and leverage your emotions for a better life?

Let's talk!

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