



Concussed.

Energy Bank

Created by Cait Ward and Concussed.

For each question, identify five answers that best describe your experience over the past week.

| | What daily activities or stimuli require the most energy (consider your physical, mental, and social self) | What do your body and mind require in order to feel like the best version of yourself? | What emotions or feelings have been the most present for you? |
|---|--|--|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

Part II

Considering your answers from Part I, identify six things in your life that would result in a low energy bank. **Remember:** These should be elements that you have control over.

Hint: Be specific. For example, instead of “a good night sleep,” I would write “less than 8 hours of sleep”

1.

4.

2.

5.

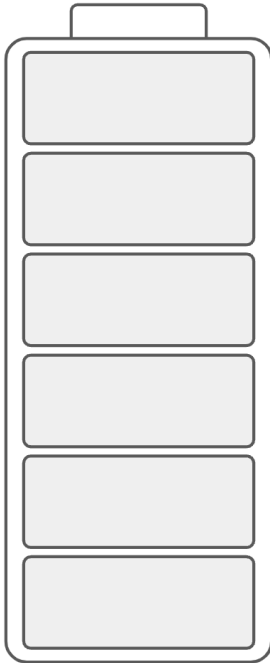
3.

6.

Part III

Considering your answers from Part II, identify five things in your life that would result in a high energy bank. In other words, what daily routines allow you to be the best version of yourself? Be specific. **Remember: These are elements that you have control over.**

Hint: These may just be the opposite of what you wrote in Part II!

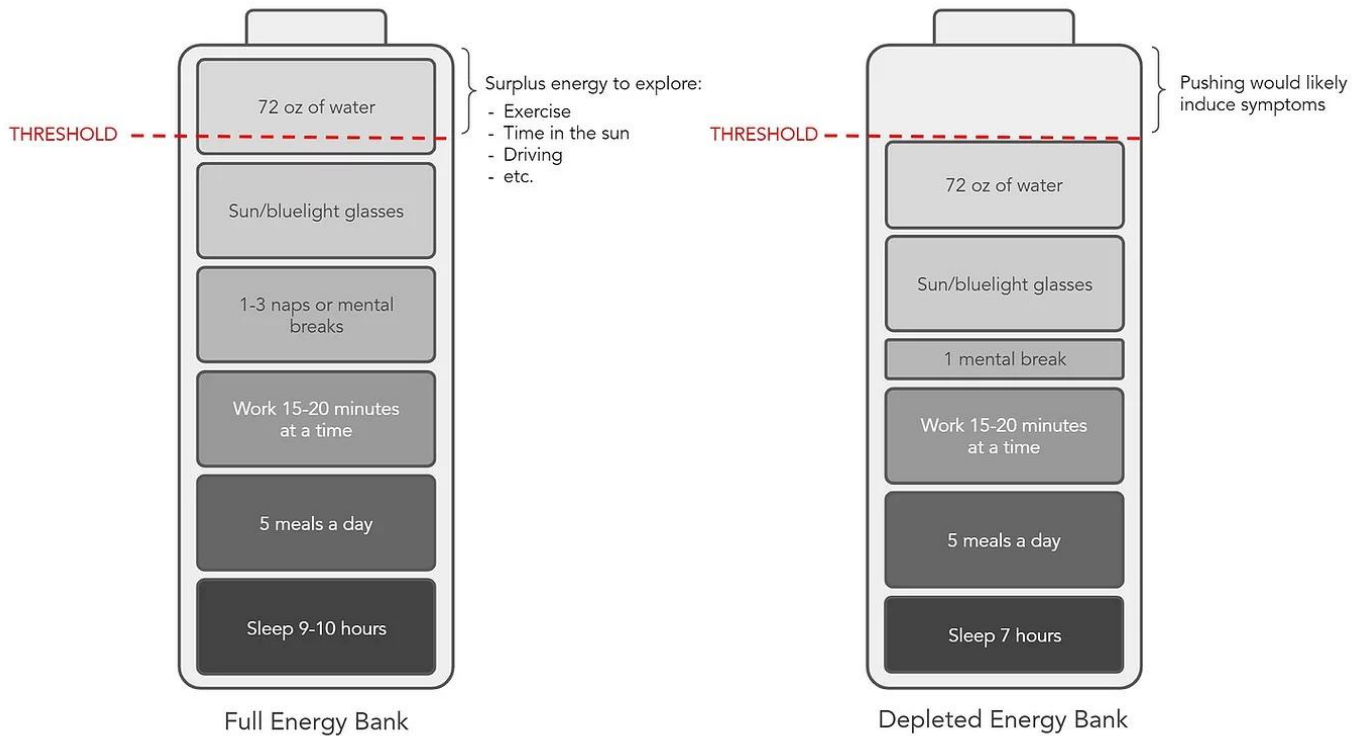


Reflection Questions

1. When you consider your personal energy bank, identify one area that you would like to focus on improving.
2. How might you use this as a tool when struggling with adverse situations outside of your control? (This could apply to a concussion or injury, but is not limited to such).
3. What are some benefits of making it a habit to check in with your Energy Bank?
4. Do you have any questions about the Energy Bank Model?

ADDITIONAL RESOURCES

A Sample Energy Bank



Common Symptoms, Needs and Emotions

This list is not exhaustive, and can also be something you brainstorm as a group together

| Common Needs to Consider for a Full Energy Bank | | Common Symptoms of a Depleted Energy Bank | |
|---|------------------------|---|----------------------|
| Food | Physical Activity | Fatigue | Food Cravings |
| Hydration | Mental Activity | Difficulty Sleeping | Mood Changes |
| Sleep | Intimacy | Dizziness | Cognitive Fog |
| Social Connection | Art | Digestive Upset | Anxious Mind |
| Conversation | Culture | Need for Naps | Headaches |
| Space | Dishwasher | Stress Dreams | Low Motivation |
| Quiet | Hot Bath or Shower | Bloating | Dehydration |
| Help | Time | Irritability | Feeling Restless |
| Mental Breaks | Mindfulness | Loss of Interest | Slower Reaction Time |
| Outdoor Time | Temperature Regulation | Memory Loss | Muscle Weakness |

