



Concussed.

## Energy Bank

Created by Cait Ward and Concussed.

The Energy Bank was designed as a tool that individuals can use to identify those aspects of life that they have control over. By recognizing what we need in order to be the best version of ourselves, we can take better ownership of our bodies and minds. When we are faced with moments or situations that feel outside of our control, this tool can be particularly useful in grounding an individual.

### Part I

*For each question, identify five answers that best describe your experience over the past week. Take note of the “Additional Resources” for more information around vocabulary.*

	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.

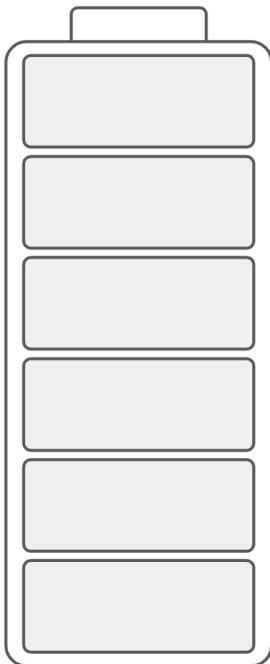
3.

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?

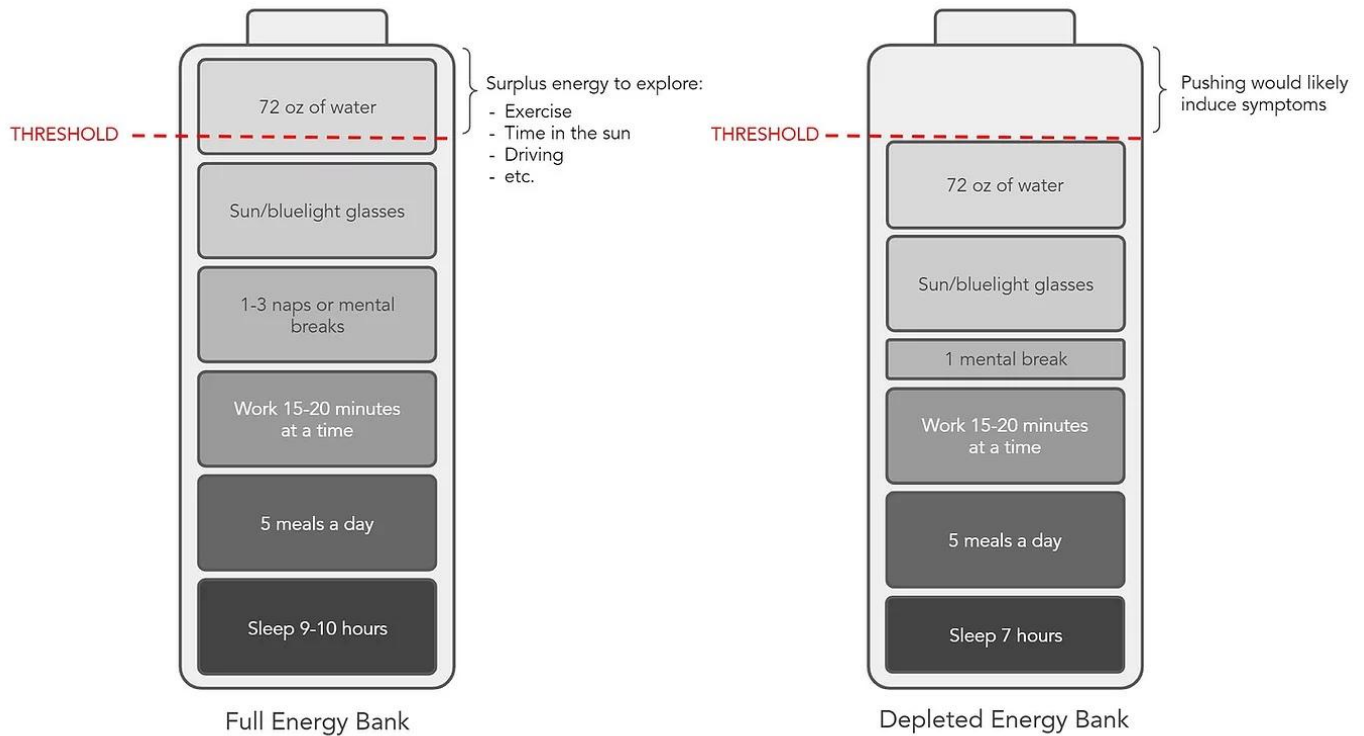
Feedback and Sharing with Concussed.

I would love to read any reflections you would be willing to share! Don't hesitate to reach out: [concussedcait@gmail.com](mailto:concussedcait@gmail.com)

Thank you for your participation! Go Bears! - Cait Ward

# 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

# Emotion & Feeling Wheel

EMOTION & FEELING WHEEL

