



JESSICA SHEPHERD
COUNSELLING

Energy Management Quick Guide

How to Use This Guide

When to use it:

- Feeling overwhelmed or exhausted
- Before therapy sessions to check where you're at
- When you can't figure out what you need
- Daily check-ins with yourself

How it works:

- Start with the battery check - be honest about your energy level
- Use the boosters if you need a quick lift
- Watch for crash warning signs and use the emergency protocol
- Keep it handy - screenshot, print, or bookmark it

ADHD-friendly tips:

- You don't have to read it all at once
- Pick the section that feels most relevant today
- It's okay to just look at the pictures and emojis
- Use it as much or as little as helps

 **Remember:** This is a tool, not a test. Use what works, ignore what doesn't!



Know Your Battery Levels



Full Battery (8-10/10)

- Ready for big tasks and deep conversations
- Can handle multiple things at once
- Good time for challenging therapy work
- Make the most of this energy!



Half Battery (5-7/10)

- Steady energy but don't push too hard
- Perfect for gentle therapy sessions
- One main task at a time works best
- Listen to your body's signals



Low Battery (2-4/10)

- Survival mode - be kind to yourself
- Focus on basics: food, water, rest
- Therapy can be just checking in and support
- No big decisions today



Dead Battery (0-1/10)

- Crisis mode - safety first
- Reach out for help immediately
- Use crisis resources (see bottom of page)

- This will pass, but get support now

Quick Energy Boosters

Physical:

- ☐ Drink a glass of water right now
- ☐ Eat something with protein
- ☐ 5-minute walk outside
- ☐ Stretch your arms above your head
- ☐ Take 3 deep breaths

Mental:

- ☐ Listen to your favourite song
- ☐ Look at photos that make you smile
- ☐ Text someone who gets you
- ☐ Do something with your hands (fidget, draw, craft)
- ☐ Change your environment (different room/outside)

Energy Crash Prevention

Warning Signs:

- Everything feels too much
- Can't make simple decisions
- Snapping at people you love
- Forgetting basic self-care
- Physical exhaustion but mind racing

Emergency Protocol:

1. **STOP** what you're doing
2. **SIT DOWN** somewhere comfortable
3. **BREATHE** slowly for 30 seconds
4. **ASSESS** - what does my body need right now?
5. **ACT** - water, food, rest, or reach out for help

Remember

- *Your energy is not constant - and that's completely normal for ADHD brains.
- *Bad energy days don't mean you're failing - they mean you're human.
- *It's okay to cancel plans when your battery is dead.
- *Asking for help is a strength, not a weakness.
- *Need support right now?

 **Text/call Jessica:** 07530953169

 **Crisis support:** Samaritans 116 123 (free, 24/7)

With love,

Jess 