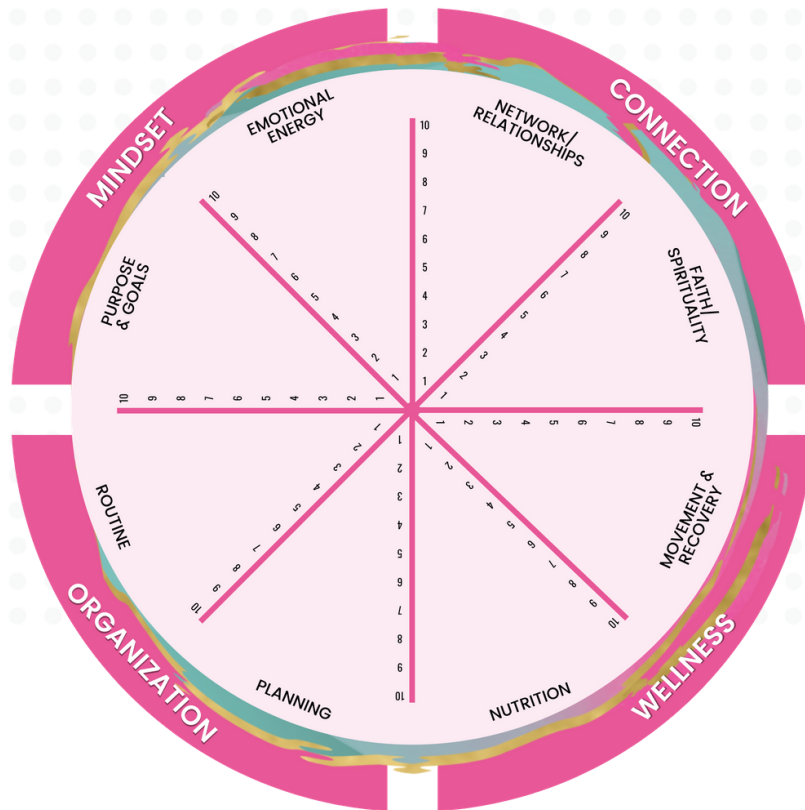


The Recharge Hub

CONNECT TO YOUR SELF-CARE PLAN



THE RECHARGE FRAMEWORK



The Recharge Framework is designed with balance at the heart. We all face different challenges and so it is important to take some time at the beginning to examine what is important to you.

In order to build the resilience that will allow us to adapt and not be overwhelmed by the challenges of life, we need to be able to draw our energy to recharge and replenish from a variety of sources.

By reflecting carefully on each of these aspects of our life, we can increase our awareness of our personal vulnerabilities and take steps to support those areas as priority.

Doing this ensures balance and targeted support towards our greatest need.

Remember, the most sustainable and life changing improvements are those that are meaningful for you. You decide where to focus your attention.

When complete, your individual framework gives you instant visual feedback into the areas of life most in need of your focus right now.

For each of the areas, consider how satisfied you are with this aspect of your life and give a score out of 10. Don't think too deeply about the scoring but instead go with your first instinct.

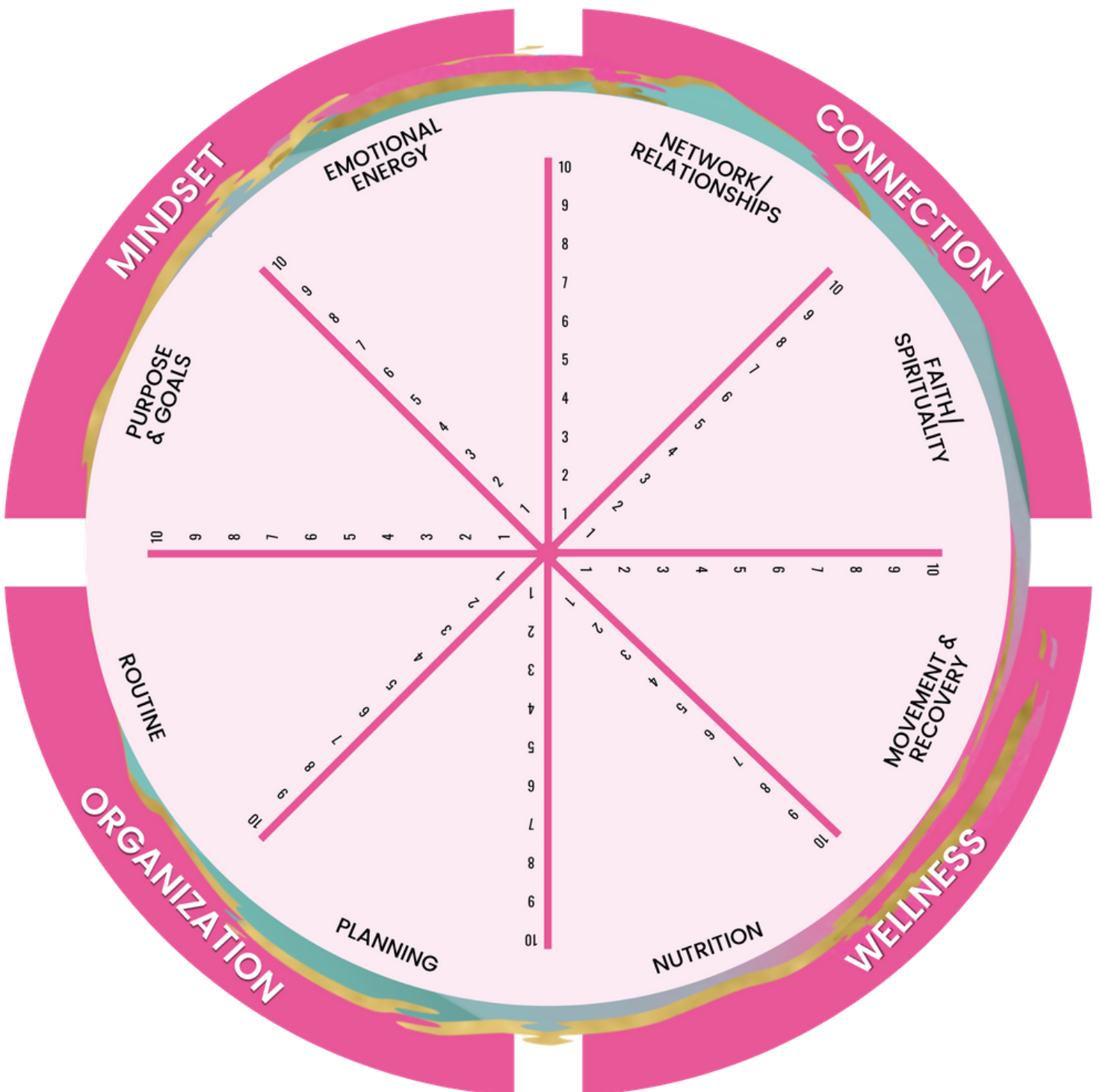
Perfection is not necessary! You are not expecting to score a perfect ten in all (or any!) area of the framework. Instead be realistic, this is your baseline.

Together we will replenish and recharge - you will be stronger!

MAP OUT YOUR RECHARGE FRAMEWORK NOW...

For each section mark the score out of 10 that you give yourself on the scale. Then if you feel it is necessary, make notes in the section at the end to remind yourself how you arrived at this number.

You can also note any ideas or improvements that come to you as you complete the framework.



WELLNESS

MOVEMENT & RECOVERY

Movement and rest in balance are vital for health and happiness. Consider the amount of exercise and movement you are able to build into your day.

Do you feel satisfied and energized with the amount or the intensity?

Perhaps you are over training to suppress your anxious thoughts?

Or you feel underactive as a result of a sedentary job situation?

Recovery is as important as exercise. Are you getting enough sleep each night? Do you wake rested and refreshed? Would you benefit from taking a short rest in the middle of the day, perhaps including a meditation to relax your mind?

NUTRITION

Nutrition in this context refers to fueling your body with the nutrients you need to perform at your best. It can be a challenge to take the time to shop for and prepare the nutrition we need and when we are busy we can over rely on fast food or snacking. In the longer term this impacts our available energy as well as our health and wellbeing.

Are you taking the time to refuel and hydrate regularly and eating and drinking the appropriate amount for your own needs?

NOTES

ORGANIZATION

ROUTINE

A flexible routine supports the ease and flow of your day. Your choices become automatic and you do not need to expend needless energy on constant small decisions. Flexibility is a necessity in the busy work environment but reflect on your current home and work routine. Is it supportive to you in your wellbeing or are there aspects of your day that are challenging, rushed or chaotic and could use some organization or restructuring?

Routine can also be extra supportive to wellbeing when it allows you to make good choices (such as regular movement or meditation) an automatic part of your day. Consider whether you are satisfied with the self-care and wellbeing activities within your current routine?

PLANNING

Home and work life benefit from pre-planning in order to achieve your desired outcome of balance and to have enough time and energy to meet your obligations with ease.

Aspects of organization you may want to consider under this heading include your calendar system, your storage (both digital and in your home / office setting), and depending on your work setting - your therapy or teaching system and planning.

Some of us benefit from detailed daily planning done in advance where others prefer a flexible system

NOTES

MINDSET

PURPOSE & GOALS

Our purpose in life gives a focus to direct our energy. The goals we set for ourselves will be unique to us as individuals and will reflect our stage of life. They may encompass career changes, caring responsibilities, health improvements and many other aspects of our life.

Have you taken time to reflect on your goals? Do you have a clear focus for your energy and your life?

EMOTIONAL ENERGY

This very sensitive aspect of our wellbeing can be a hidden vulnerability for many. When we envisage our life as we would like to live it, we imagine a state of happiness, joy or contentment.

But what about when this is not our reality? We all experience times and circumstances in our life when our emotional energy is being drained. Perhaps a bereavement, a time of heavy responsibility in your life or a relationship difficulty are impacting on your ability to experience the joy of abundant emotional energy.

Reflect honestly on the current state of your emotional energy. If you feel depleted in this area, can you identify the source?

NOTES

CONNECTION

FAITH / SPIRITUALITY

Our beliefs and values are a source of constant energy and inspiration to us as long as we remain connected. During busy times in our lives, we can drift away from the source of our faith. Reflecting on the depth of our connection at this time is important.

If you belong to a religious community, are you currently an active part of that community and do you feel contentment there? Do you draw your faith and spirituality from nature and your surroundings? How strong is your current connection to your source of faith?

EMOTIONAL ENERGY

Our network of support may be formed within our immediate household, our family circle or a wider network of friends. Neighbors and colleagues also have an important role to play in our wellbeing and busy lives mean we can neglect taking the time to connect.

Each scenario will be unique. Perhaps you are a person who thrives from regular contact with a small number of close supportive friends and family or a social butterfly drawing energy from a wide network.

Reflect on what you know you personally need from your social support network and rate your current position with this in mind. Are your network and relationship needs being met?

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