



From Surviving to Thriving

Energy Check: What's Draining You vs. What's Fueling You

Thriving is about sustainability—not just getting through the day

Managing your time is important—but managing your energy is essential. This quick check-in can help you notice what's taking the most out of you and what helps you feel more steady, focused, and supported. Reach out to the EAP for more.

Things That May Be Draining Your Energy	Things That May Be Fueling Your Energy
<ul style="list-style-type: none"> Poor or inconsistent sleep Physical fatigue from standing, walking, driving Feeling rushed or overloaded at work Little time to mentally “unplug” after shifts Carrying stress home with you Skipping meals or hydration Trying to handle everything on your own 	<ul style="list-style-type: none"> Getting enough rest (even if not perfect) Support from coworkers, family, or friends Small breaks or mental resets during the day Movement or stretching that helps recovery Boundaries between work and personal time Having someone to talk things through with Using tools or resources when you need them

Patterns to Notice

You don't need to fix everything—just notice trends. Awareness is the first step toward change.

- **Sleep:** Am I feeling rested most days or running on empty?
- **Workload:** Am I pushing nonstop, or do I have small recovery moments?
- **Boundaries:** Am I able to mentally clock out, or does work stay with me?
- **Support:** Who do I lean on when things feel heavy?

One Small Action for Next Week

Choose one simple step to protect or recharge your energy: Next week, I will:

- Take one intentional break or breathing reset each shift
- Stretch or move for 5 minutes after work
- Go to bed 15–30 minutes earlier
- Talk with someone I trust