

SELF
EMOTION
ENERGY
COORDINATION
SENSORY
ATTENTION
COMMUNICATION
FLEXIBILITY
IMPULSIVITY
FUTURE

ENERGY

★ What Is “Energy”?

Energy is how you feel in your **mind and body**.

Some days you might feel:

- ⚡ super awake
- ⚡ full of ideas
- ⚡ ready to run, play, or learn

And other days you might feel:

- 😫 really tired
- 😵 slow or foggy
- 😞 like your body battery is empty

These changes don't mean you're lazy.

They don't mean you're not trying.

Your energy changes because of how your **brain and body** work.

★ Your Energy Is Like a Battery

Your body has a kind of “battery”, and different things can:

Drain your battery

- loud noises
- crowds
- busy classrooms
- long school days
- lots of talking
- trying to “fit in”
- worry or stress

Recharge your battery

- quiet time
- rest
- sleep
- doing your special interests
- being around people who understand you

- having breaks

Knowing what drains you and what recharges you helps you feel calmer and more in control.

★ Why Energy Changes Happen

Your energy can go up and down because of things like:

- how well you slept
- what you ate
- how busy your day is
- your emotions
- how noisy or bright your surroundings are

If you're neurodivergent (like autistic or ADHD), your energy might change even more because:

Sensory overload

Too much noise, light, movement, or smells can exhaust you.

Masking

Trying to act "normal" around others uses LOTS of energy.

Sleep struggles

Broken sleep makes the next day harder.

Social expectations

Trying to read facial expressions, body language, and tone is tiring.

None of this is your fault.

Your brain just works differently — and that's totally okay.

★ What Good Energy Helps You Do

When your energy is supported, you:

- ★ learn better
- ★ feel calmer
- ★ have fewer big emotions
- ★ enjoy friends more
- ★ show your creativity and strengths
- ★ feel more confident



And you're less likely to reach burnout — the tired kind that doesn't go away easily.



★ What Low Energy Can Look Like

Low energy might make you:

- quiet
- grumpy
- overwhelmed
- teary
- unable to focus
- unable to join in
- shut down

People might think you're "not trying", but really your battery is low.

★ Ways to Support Your Energy

Here are some things that can help:

1. Track your energy

Notice:

- what drains you
- what helps you recharge

This helps you plan your day better.

2. Quiet, safe spaces

A calming place to rest and be yourself (no pressure, no noise).

3. Healthy sleep routines

- same bedtime most nights
- quiet activities before bed
- less screen time late at night
- low lights

4. Balanced meals and drinks

Eat regularly.

Choose foods that give slow, steady energy.

Drink water often.

5. Movement breaks

- stretching
- walking
- dancing
- playing outside

Movement helps your brain wake up again.

6. Mindfulness and relaxation

- breathing calmly
- listening to soft music
- sensory play
- relaxation videos

These help recharge your battery too.

7. Respect your natural rhythms

Some people have morning energy.
Some people focus better later.
Both are okay.

8. Know your best times

Do hard things when you have more energy.
Rest or take breaks when you feel low.

★ Key Message for You

You are not lazy.
You are not weak.
You are not “too much” or “not enough.”

You are working **really hard** every day, even if other people can't see it.

Your energy matters — and you deserve people who understand that.

With the right support, your energy can stay stronger, and life can feel calmer and happier.

