

Resource 5: Quick Energy and Capacity Check-in

Work through these questions and tick yes or no. If you answer 'no' to any question, consider whether addressing that need might help you feel better or work more effectively.

Checklist

Question	Yes	No
1. Have I had enough sleep / did I sleep well?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have I eaten something in the last few hours / am I hungry?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have I had enough water today / am I thirsty?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have I taken my medication (if applicable)?	<input type="checkbox"/>	<input type="checkbox"/>
5. Am I physically comfortable? (Not too hot/cold, clothes feel okay, no uncomfortable sensations)	<input type="checkbox"/>	<input type="checkbox"/>
6. Have I been outside or seen natural light today?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is my caffeine intake balanced? (Not too much or too little for me)	<input type="checkbox"/>	<input type="checkbox"/>
8. Have I moved my body recently? (Even just a short walk or stretch)	<input type="checkbox"/>	<input type="checkbox"/>
9. Have I been to the bathroom recently?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have I had a break from screens/intense focus in the last hour or two?	<input type="checkbox"/>	<input type="checkbox"/>
11. Is my sensory environment right? (Enough/not too much light, sound, smells, temperature...)	<input type="checkbox"/>	<input type="checkbox"/>

Taking action

If you answered 'no' to any questions: Your body might be telling you it needs some basic care before you can focus effectively. Consider addressing one or two needs first – you might be surprised how much better you feel!

If you answered 'yes' to most questions: Your physical needs seem to be met. If you're still feeling 'off', it might be helpful to consider other factors like sensory overload, social battery levels, or whether you need some time to stim or decompress.

Quick tips for common 'no' answers

- **Sleep:** Even 10-20 minutes lying down with your eyes closed can help reset your system
- **Food:** Keep simple snacks handy that don't require preparation (nuts, fruit, crackers, protein bars), or your favourite safe foods
- **Water:** Keep a water bottle within reach and set reminders to take a drink if needed
- **Medication:** Set an alarm or use a medication tracking app
- **Physical comfort:** Adjust temperature, change into comfier clothes, or move to a different position/location
- **Outside/natural light:** Even 5 minutes outside or sitting by a window can help
- **Caffeine:** Notice your patterns – too much can increase anxiety, too little might affect focus
- **Movement:** A quick walk, some stretches, or even just standing up and shaking out your limbs can help
- **Bathroom:** Don't wait! 'Holding on' takes energy and affects concentration
- **Screen breaks:** Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds

Your wellbeing matters. Taking care of yourself isn't selfish – it's how you set yourself up to do your best work and enjoy your university experience.