

# Keep your batteries charged!

## Recharge your **Moving** battery

by splitting up tiring activities into multiple smaller tasks and spreading them out over time. Take time to rest in between.

## Recharge your **Feeling** battery

by being patient with yourself, practising mindfulness to stay calm and saving some energy for the things you enjoy.

## Recharge your **Thinking** battery

by making a plan and prioritising what needs to be done over what can wait, so important tasks don't pile up and cause stress.

