Cancer & Work Energizers & Drainers

Instructions: Write down everything you do in a day during waking hours, including naps, eating, etc. Briefly describe the activity and estimate your energy levels from 1 (low) to 5 (high) following the activity.

This will help you determine which activities energize you ("energizers") and which activities drain you ("drainers"). This information will give you some ideas about how to regain your energy when working or on break (for example: going for a walk, meditating, changing tasks, taking a nap, stretching).

Time of Day	Activity	Duration (minutes)	Energy before activity 1=low, 5=high	Energy after activity 1=low, 5=high
Example: 9:00am	Walk the dog	30	5	3

What now: Now that you are aware of your energizers and drainers, try applying this information to planning your needs regarding return to work. If you know the time of day when you have low energy, try doing less demanding tasks during those times. If you know certain tasks take more energy (for example: concentrating on numbers, working at more physically demanding tasks), try doing those tasks when you feel the most energized.

Based on a tool developed by the BC Cancer Agency (www.bccancer.bc.ca)