Energy Accounting Task Bank

Recharging

Things that give you more energy

Low Effort

Things that don't take much energy

Medium Effort

Things that take a moderate amount of energy

High Effort

Highly draining or effortful tasks

Baseline Examples

For each box, write how you tend to feel or act when at that level.

	Physical	Social	Cognitive
0%			
50%			
100%			

Signs of Acute Stress

Physical	Psychological	Behavioral
Headache	Difficulty concentrating	Insomnia / difficulty sleeping
Heart palpitations	Tiredness / fatigue	Hyperventilation
Shaky hands	Feeling of unease	Feeling overwhelmed by every day experiences or tasks
Dizziness	Restlessness	Self-isolation or social withdrawal
Chest tightness	Irritability	Anger
Stomach pain	Panic attacks	Aggression
Sweaty hands or feet	Meltdown / shutdown	Decreased productivity / performance
Nausea	Feeling overwhelmed	Indecisiveness
	Negativity	Increased use of stimulants (eg. coffee or sugar)
	Changes in sense of humor	Comfort eating
	Cravings for sugary / fatty / unhealthy foods	Sudden increase in obsessive or compulsive behaviors
	Acute thoughts of self-harm or suicide	

Signs of Chronic Stress

Physical	Psychological	Behavioral
Headache	Diminished interest or pleasure / anhedonia	Feeling overwhelmed by every day experiences or tasks
Heart palpitations	Depression	Hyperventilation
Shaky or sweaty hands	Feeling of unease	Insomnia / difficulty sleeping
Dizziness	Memory problems	Self-isolation or social withdrawal
Chest tightness	Difficulty concentrating	Anger
Stomach pain	Panic attacks / anxiety	Aggression
Frequent Urination	Restlessness	Decreased productivity / performance
Nausea	Irritability	Indecisiveness
Pain	Low self-esteem or self-worth	Increased use of stimulants (eg. coffee or sugar)
Decreased sex drive	Changes in sense of humor	Comfort eating
Frequent infections	Tiredness, exhaustion, or fatigue	Altered dietary habits
Exacerbation of chronic illness	Feeling overwhelmed	Excessive sleeping
Teeth grinding	Negativity	Obsessive or compulsive beahviors
Heartburn	Increase in negative thoughts about the future	Increased number of sick days
Weight changes		Skin picking or hair pulling

Signs of Well-Being

Psychological	Behavioral
Finding it easy or less challenging to initiate tasks	Laughs easily / more humor
Stability in mood (extreme negative emotions are rare)	Spontaneous activities happen more often, or are not experienced as very stressful
Havning an easier time letting go ove negative emotions (pass within 7-20 minutes)	Sings to oneself
Wanting to socialize	Hygiene routines are kept with relative ease
Feeling able to relax	Good quality sleep most nights
Living "in the moment," not worrying about the future or ruminating about the past	
Optimism	
Feeling comfortable with own identity	
Feeling mentally and physically energized	