

# Energy Budgeting

Managing your energy is similar to managing your bank account. There will be deposits, bills, savings, investments, and your final balance at the end of each time period. You will need to budget for a few days, weeks, or possibly months. The amount of energy used for all activities is different, so your final balance may be different than it was, prior to your Covid infection.

## Deposits

A deposit is a paycheck that is put into your bank account. An energy deposit would include sleep, nutritious food, and rest breaks. Your actual deposit may be bigger or smaller than you planned, depending on how well and how long you slept, whether you ate nutritious food, and whether you took adequate rest breaks. Higher energy deposits will increase your final balance.

## Bills

Energy bills are activities that use energy. These bills can be physical, cognitive, social, and emotional. Occasionally, they may overlap. Performing daily activities such as showering and walking are physical bills. Cognitive bills include cooking, creating grocery lists, and work related tasks. Emotional bills can be positive events or stressful events that expend energy. This can include a job promotion or death of an associate. Social bills include gatherings of 2 or more people. This can include a party or dinner date. Higher energy bills reduce your final balance.

## Savings

Saving energy for an event adds more energy deposits. Planning allows you to save energy; by using it when and where it is needed most. Once your energy has been used, you can rebuild your bank account.

## Investments

Investments are ways to boost your overall energy. Investments can include sitting on the deck for a few hours, daily walks outside, or gardening. Investing a few energy cents each month can result in a high final balance at the end of the month.

Budgeting money helps to increase your bank account. Managing activities helps you to budget the energy you need to complete the tasks that are most meaningful to you. Make a deposit. Invest in yourself!

# Activity and Symptom Tracking

To help you figure out your **Energy Budget**, you need to have an idea of what you do daily.

**Step 1: Track Your Activities and Symptoms.** Keep a daily track for 2 weeks of your sleep, activities, and symptoms. This can be done in a journal or notebook.

**Step 2: Reflection.** Review the tracker and look for patterns.

**Step 3: Create an Action Plan.** Use the 4 P's (Plan, Prioritize, Pace and Position) to organize your day, week, and month. This strategy is described on the Fatigue handout. Getting into a daily routine with scheduled rest breaks can help you improve your energy levels at the end of the day. Additionally, monitoring your heart rate can be a guide to help you from overexerting yourself.

**Step 4: Adapt to a new routine.** Adapting to your new routine is a gradual process and usually involves the use of multiple strategies. Be patient with yourself and give yourself grace to make mistakes.

**Step 5: Expanding your routine.** Add tasks to your routine slowly, monitor your symptoms, and adjust when needed.

If you are having difficulties with any of these steps, we recommend finding an occupational or physical therapist with knowledge of Long COVID.

## Need additional Information?

1. **Energy Envelope Theory:** [www.cfselfhelp.org/library/the-energy-envelope](http://www.cfselfhelp.org/library/the-energy-envelope)

2. **Logs, Forms & Worksheets to track your activity & symptoms:**

a. [www.cfselfhelp.org/library/type/log\\_forms\\_worksheets](http://www.cfselfhelp.org/library/type/log_forms_worksheets)

b. [www.phsa.ca/health-info-site/Documents/post\\_covid-19\\_symptom\\_journal.pdf](http://www.phsa.ca/health-info-site/Documents/post_covid-19_symptom_journal.pdf)