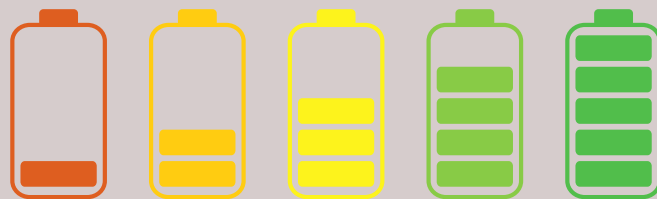




Energy Audit Next Steps



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Energy Audit

PAUSE - Module 2 - Energy Audit - Next steps and regulation

Step 1: Review Your Energy Audit Results

- **Reflect:** Revisit the energy drains and alignments you identified. Notice any patterns or surprises in how these activities affect you physically, mentally, and emotionally. Pay special attention to how your body feels during these activities.
- **Prioritize:** Identify the top 2-3 areas that have the most significant impact on your energy levels and overall well-being. These will be your focus for the next steps.



Energy Audit

PAUSE - Module 2 - Energy Audit Next Steps

Step 2: Apply the Alertness Spectrum

Understand the Spectrum: The Alertness Spectrum helps you assess your level of engagement and presence during daily activities. It ranges from:

- **Tranquil Zone:** Deep relaxation and calm
 - **Harmony Zone:** Balanced, focused, and present
 - **Caution Zone:** Slightly on edge, feeling uneasy
 - **Alert Zone:** High alertness, ready to act
 - **Freeze Zone:** Overwhelmed, shut down
- **Mind-Body Awareness:** As you map your activities onto the Alertness Spectrum, tune into your body's signals:
 - Are you experiencing tension, discomfort, or fatigue in certain zones?
 - How does your body respond to activities that place you in the Harmony or Tranquil Zones versus the Caution, Alert, or Freeze Zones?
 - **Practice Bodyfulness:** Engage fully with your body during these activities. Notice your posture, breath, and physical sensations. This practice of bodyfulness can help you stay connected to how your body is experiencing each moment.



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Step 3: Implement Zone-Aware Adjustments with a Mind-Body Focus

- **Move Toward Harmony with Bodyfulness:** For activities that place you in the Caution, Alert, or Freeze Zones, consider how you can shift both mentally and physically toward the Harmony or Tranquil Zones. This might involve mindful breathing, movement, or taking breaks to reconnect with your body's needs.
- **Simplify Where Possible:** If certain activities consistently place you in higher alert zones, consider simplifying or reducing them. Use your body's signals as a guide—when your body feels tense or fatigued, it's a sign to reevaluate how you're spending your energy.
- **Embrace the Mind-Body Connection:** Recognize that your thoughts, emotions, and physical sensations are interconnected. By cultivating awareness and bodyfulness, you can create a more balanced and resilient state of being.
- **Practice Self-Compassion:** Understand that it's natural for your alertness and physical state to fluctuate throughout the day. Be kind to yourself as you work towards finding balance. Each small step toward bodyfulness and harmony is a meaningful achievement.



Energy Audit

Step 4: Re-evaluate and Reflect

- **Regular Check-ins with Body Awareness:** Regularly revisit your energy audit and Alertness Spectrum with an added focus on how your body feels during various activities. This could be weekly, monthly, or whenever you notice changes in your energy or well-being.
- **Reflect on the Mind-Body Connection:** As you make adjustments, take note of how your mind and body are responding. Celebrate any improvements in energy, stress levels, and overall well-being, no matter how small.
- **Adjust as Needed with Bodyfulness in Mind:** Life is dynamic, and your energy needs will change. Keep your energy audit, Alertness Spectrum, and bodyfulness practices flexible to adapt to your evolving circumstances.



Energy Audit

By integrating the Alertness Spectrum, mind-body connection, and bodyfulness into your energy audit, you're not just identifying what drains or fuels your energy—you're learning to live in greater harmony with your body and mind. This holistic approach will help you enhance your resilience, well-being, and overall quality of life.

Great job on diving into your energy audit! You've taken an important step towards creating a life that feels more balanced and energized, especially during this time of change in perimenopause and menopause.

By going through this process, you've started to get clear on where your energy is going, what's draining you, and how you can focus more on what truly matters. It's not about doing more, but about doing what really counts for you.

You've already done the hard work of identifying those energy drains, aligning your activities with your core values, and rethinking the idea that you have to handle everything yourself. These are powerful steps towards reducing stress and avoiding burnout.

Going forward, keep these energy audit principles in mind. Regularly check in with yourself, see what's working, and don't be afraid to make changes as needed. This practice will help you stay on track, ensuring your energy is spent on the things that really make your life better.

You deserve to feel good, to have energy for what you love, and to enjoy this stage of life. Thanks for taking this journey with me—let's keep moving forward together towards a more vibrant, joyful future.