

Example Ways to Restore Energy

We are all very different when it comes to what helps us restore energy and find calm. Tapping into Step 5 (*Respond*) of the Shanker Method®, this tool provides a few examples of the many ways out there to restore energy and promote long lasting self-regulation. Which ones help you feel calm? Keep this tool handy as a reminder to take time for yourself each day to help you self-regulate.



Restorative Sleep



Walks



Time with Friends



Daily Rituals



Feel Good Exercise



Painting



Meditation



Time with Animals



Dancing

Want to make your own poster? Use the 'DIY Ways to Restore Energy' tool.