

DIY 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 can be used to help identify ways that specifically help you to restore energy and promote long lasting self-regulation.

Draw pictures and identify in the boxes below ways that help you restore energy. Keep your finished tool handy as a reminder to take time for yourself each day to help you self-regulate.

		
		
		
		
		
		