

SKILL #4

Energy Management.

Pressure is energy. If managed well, it can fuel performance. If managed poorly it can lead to overwhelm and choking or being flat and unfocused. Take control of your energy by choosing to become a thermostat instead of a thermometer. Know what energy levels are required for the situation and then set your thermostat to the temperature that will bring out your best.



Manage your energy, don't let it manage you. Take three steps to become a thermostat.

1 KNOW YOUR DESIRED TEMPERATURE – WHERE DO YOU WANT TO BE FROM 0-10?

Attention narrows as activation increases. Higher energy is good for situations where you have expertise, tasks that require energy or power, or need to focus. Lower energy is better suited for new situations, and situations that require creativity, synthesis or reading the room. Where do you want to be?

0 1 2 3 4 5 6 7 8 9 10

LOWER ACTIVATION /
BROADER ATTENTION

HIGHER ACTIVATION /
NARROWER ATTENTION

2 READ YOUR THERMOMETER

Stop and scan your mind / body / feelings to assess your current energy level. Where are you at on a 0-10 scale? Does it match where you want to be?

3 ADJUST YOUR THERMOSTAT

SKILLS TO TURN THE THERMOSTAT DOWN

Mind

- Reframing - see the 'good', zoom out 5 years, notice what you have
- Meditation

Feelings

- Imagery - hold a calming image, imagine someone you love
- Humour - crack a joke, add some levity

Body

- Breathe low and breathe slow - move your breath to your diaphragm and slow your cadence to a rate of one breath every 10 seconds
- Act as if you have time - move, speak, and behave as if you have lots of time

SKILLS TO TURN THE THERMOSTAT UP

Take a break – work in 90-120 minute sprints broken up by recovery breaks. Here are breaks you can take right now to recharge mentally, emotionally, and physically:

- Mind - listen to music or a podcast; engage in a cognitive challenge like a crossword puzzle
- Feelings - call friends or family; write a thank you note; plan your next vacation
- Body - eat, hydrate or move (ideally outside)

Avoid multi-tasking – Here are some ideas to help:

- Block your calendar for periods of focused work
- Shut off notifications and quit social media apps
- Break your work into micro-chunks