

Tip sheet

Resilience in the moment

Managing your energy

The Energy Project covered in the Resilience Program helps us to think about different ways we could improve our energy management. During stressful times, it is likely that the internal and external demands result in depletion in energy at work or at home. Think about your energy levels and complete the checklist below. The more ticks you have the more likely it is that your energy is being depleted. Once completed think about which areas you want to improve and the actions you can take to increase your energy in that category. It's important to understand how to increase and maintain our energy levels in order to maximise performance.

Physical energy

- I don't regularly get at least seven to eight hours sleep, and I often wake up feeling tired.
- I frequently skip meals (breakfast, lunch) or I settle for something that isn't nutritious.
- I don't exercise enough (minimum 20 minutes of cardiovascular training at least 3 times per week).
- I don't take regular breaks during the day to truly renew and recharge.

Emotional energy

- I frequently find myself feeling irritable, impatient or anxious at work, especially when work is demanding.
- I don't have enough time with my family and loved ones, and when I'm with them, I'm not always with them.
- I have too little time for the activities that I most deeply enjoy.
- I don't frequently do enough to express my appreciation to others or to savour my accomplishment.

Mental energy

- I have difficulty focusing on one thing at a time, and I am easily distracted during the day.
- I spend too much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value.
- I don't take enough time for reflection, strategic/creative thinking or longer-term planning.
- I find it difficult to 'switch off' from work.

Spiritual energy

- I don't spend enough time at work doing what I do best.
- There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- I often find myself doing things that are not important, meaningful or valuable to me.

Resources

- All of our mental health and wellbeing resources are available on the wellbeing page on bhp.com ([English](#) | [Spanish](#)).
- Remember, our [Employee Assistance Program](#) provides free, confidential, 24/7 counselling service. This service is also available for immediate family members.