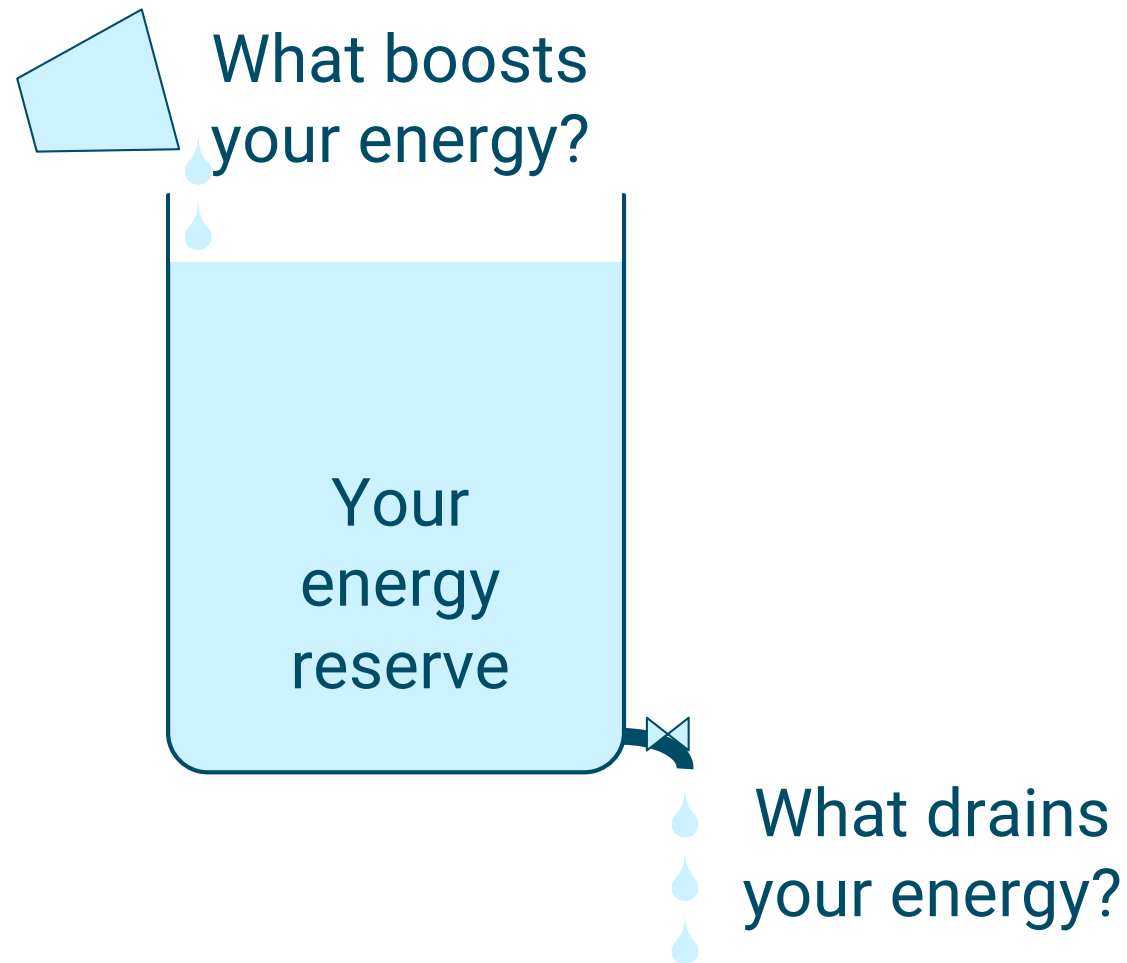
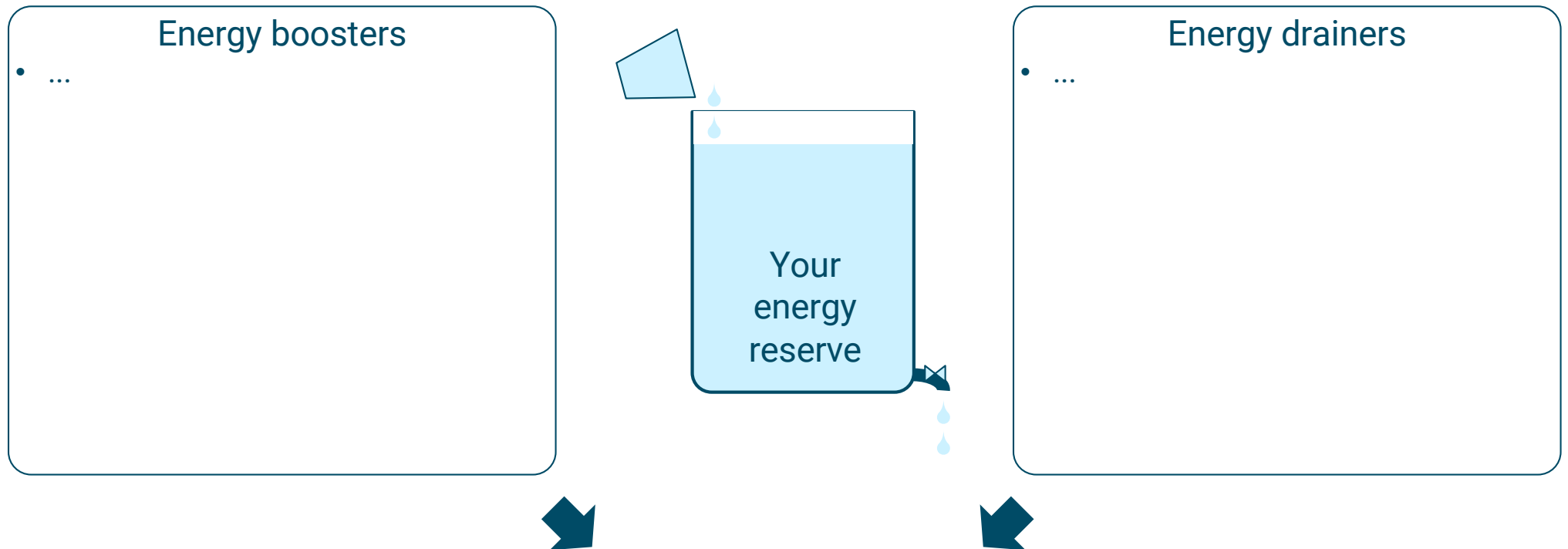


A simple energy reserve model for stress coping and recovery



Exercise: Energy boosters and drainers

1 Find your individual energy boosters and drainers



2 Brainstorm: What can I do to add more energy? Which drainers can I reduce?