

How to recharge my inner Batteries

Tips for children from the Institute for Women's and Men's Health Vienna / Project NEDA



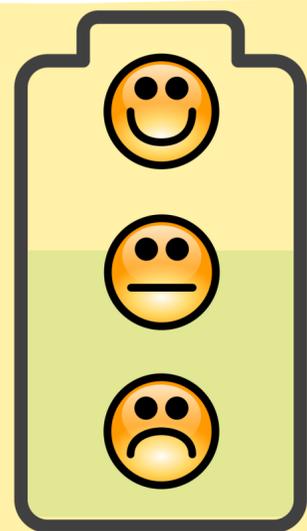
You probably know that you have to charge a cell phone every day so that it has enough energy to function. It's similar for us as humans: in order for us to be well and able to do our daily tasks, we need to have enough energy.

This poster will help you to figure out how to recharge your **inner batteries** in order to have enough energy and good mood!

Step 1: Check your inner battery

Before you are able to take care of your inner batteries, you first need to find out what your battery level is right now. That means you need to reflect on how you are feeling right now. To do this, look at your inner battery and think about where you are at the moment.

Do you feel good, bad, or something in between?
Try to check your inner batteries on a regular basis!



Step 2: Recharge your inner battery

When you notice that your inner batteries are not fully charged, try to do something that gives you energy and joy.

What do you like? What do you enjoy doing? What makes you feel good?

A few examples of activities:

Playing your favorite game, meeting friends, dancing, singing, going outside, ...
Different things are good for different people! It's best to try a few things!

Step 3: Check your inner battery again

After an activity, reflect:

How am I feeling now? How is my inner battery going?

Try to consciously find out after which activities you feel better than before.
This is how you find out how you can recharge your battery!

If you often feel bad, you should talk to an adult about it.
It can help to talk about it!

At Project NEDA there are people who can talk to you about your problems so that you can get better. Your parents are welcome to call and make an appointment for you!

KONTAKT PROJEKT NEDA:
FEM (MÄDCHEN/FRAUEN): KLINIK FLORIDSDORF, BRÜNNER STRASSE 68/A3/TOP 14, 1210 WIEN - TEL.: +43 1 27700 5600
FEM SÜD (MÄDCHEN/FRAUEN): KLINIK FAVORITEN, KUNDRATSTRASSE 3, 1100 WIEN - TEL.: +43 1 60 191 5201
MEN (BURSCHEN/MÄNNER): KLINIK FAVORITEN, KUNDRATSTRASSE 3, 1100 WIEN - TEL.: +43 1 60 191 5454