

## Low energy

 60 minutes

### Objective

- *To help participants recognise situations where their social energy is low and learn strategies to engage in restorative social rest. The session encourages awareness of personal energy cycles, intentional selection of social interactions, and ways to recharge through supportive, low-demand connections.*

### Materials needed

- Comfortable seating arranged for small group and individual reflection
- Printed copies of the Social Rest manual
- Pens, paper, or journals for notes and reflection
- Optional: coloured markers or sticky notes for brainstorming exercises
- Optional: calming background music for reflective activities



### Tool Description

This tool guides participants in identifying their “low energy” states and understanding how certain social interactions can either deplete or replenish them. Through reflection, interactive activities, and planning, they will explore how to honour their social needs without guilt, communicate them effectively to others, and create space for restorative social rest. By the end of the session, participants will have a personalised strategy for navigating low-energy periods in a way that preserves wellbeing and strengthens supportive relationships.



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## Instructions

### 1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Social Rest**
- Introduce the idea of acknowledging and respecting moments of **low energy** as a social rest practice and explain to participants that it will be the central focus of this module.

### 2 – Mapping your social energy (15 minutes)

Participants draw a simple “energy curve” representing their typical day or week, marking when they feel socially energised versus drained. This helps visualise personal patterns and identify the times most in need of restorative social rest.



## Instructions

### 4 – The Low-Energy communication script (15 minutes)

The facilitator introduces a short script participants can adapt to communicate low-energy needs without causing conflict.

Example:

**“I really value our time together, but I need a quiet evening tonight so I can recharge. Can we plan something later in the week?”**

Participants practise rephrasing the script in pairs to make it feel authentic.

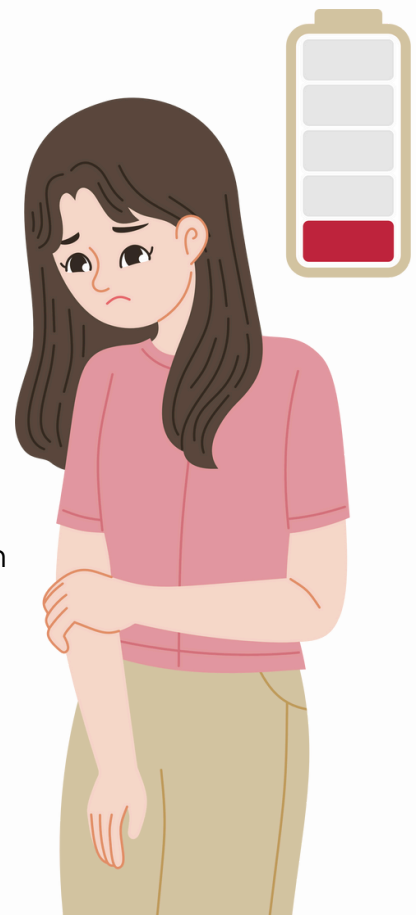
### 5 – Designing your low-energy social plan (15 minutes)

Participants create a personal “low energy plan” outlining:

- Signs that they are entering a low-energy phase
- The types of social contact that are most restorative in those moments
- Activities or rituals they can use to recharge
- Strategies for saying no gracefully when needed

### 6 – Closing circle (5 minutes)

Participants share one insight or strategy from their plan with the group. The facilitator closes by reminding everyone that honouring low-energy moments is not a weakness but a skill that protects long-term wellbeing.



## Reflection questions

Find here a few questions to facilitate discussion and reflection, such as:

- Do you feel you can clearly explain what social rest means?

**Honouring our low-energy moments is  
not stepping back from life, but  
stepping closer to balance.**

- How did reflecting on your low-energy moments affect your self-awareness?
- Which types of interactions support you most when you have low energy?
- What language or approach will you use to communicate your needs?
- How will you integrate low-energy social rest strategies into your weekly routine?



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