

Staying Human: Real-Time Regulation in High-Stress Care



coreydoebyns.com

In high-demand environments, we often spend energy faster than we replenish it. Take a few minutes to identify the people, practices, activities, and experiences that reliably put energy back into your system. Focus on things that are realistic, accessible, and available to you in everyday life.

Energy Check-In

Before creating your list, take a moment to check in with yourself.

Current Energy Reserve (0–100%) _____ %

Current Energy Level (1–10) _____

Understanding Your Energy Reserve

We often assume we begin each day at 100%, but most of us don't. The goal isn't to be at 100% all the time. The goal is to understand what depletes your energy and what helps restore it.

Our energy is influenced by:

- Sleep
- Stress
- Emotional labor
- Caregiving responsibilities
- Physical health
- Workload
- Relationships

As your reserves decrease, it becomes harder to:

- Focus
- Regulate emotions
- Stay connected to others
- Make thoughtful decisions

Reflection

- What is currently contributing to your energy level?
- What is currently draining your energy?

My Top 10 Energy Sources

Take a few minutes to identify the people, practices, activities, and experiences that reliably put energy back into your system.

#	Energy Source
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Which of your ten energy sources has the greatest positive impact on your wellbeing?

Reflection Questions

- Which energy source is easiest to access today?

- Which energy source do you use less often than you'd like?

- What gets in the way of prioritizing the things that give you energy?

- What is one small action you're willing to take this week?

Priority Mapping

We often know what matters most, but our calendars tell a different story. This exercise explores the gap between **aspirational priorities** and **functional priorities**.

Aspirational Priorities are what we say matter most.

Functional Priorities are where our time, energy, and attention actually go.

What Matters Most? What are your top 2–3 priorities right now?

Priority #1_____

Priority #2_____

Priority #3_____

What Is Actually Receiving Your Time, Energy, and Attention?

Think about a typical week. What are the 2–3 things that currently receive most of your:

- Time
- Energy
- Attention
- Money

Functional Priority #1_____

Functional Priority #2_____

Functional Priority #3_____

Reflection - Compare the two lists.

- What do you notice?
- Which aspirational priority is receiving less attention than you expected?
- What is one small shift that would bring your daily life into greater alignment with what matters most?