

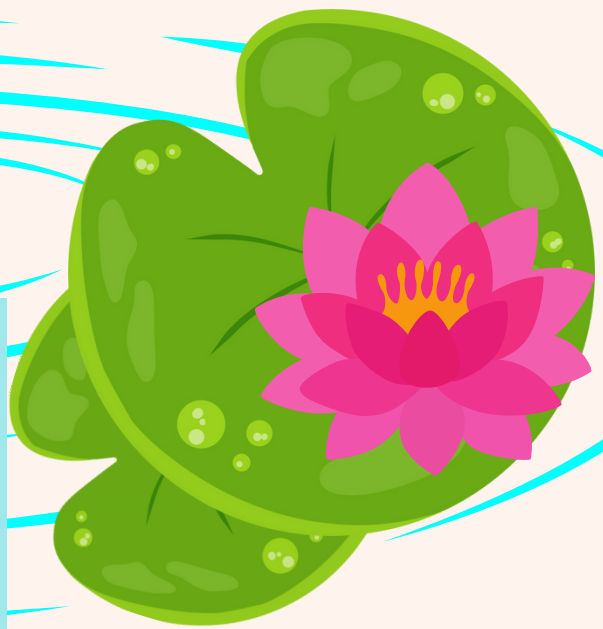
'The Frog System' Recharging

My Internal Energy Battery - Strategies for Recharging

How do i use this handout?

Firstly, remember that there are no right or wrong answers or experiences. This is a tool designed to help in whatever ways works best for you. It may be very hard to identify what you can do to recharge your energy.

That is understandable, and not a problem. Take your time. The more you use this handout, the easier it will get. The best way to use the frog system is the way you are most comfortable with.



A recap on the Frog System.

The previous Frog System handout explained the way our internal energy battery works. These handouts are designed to get you to think about your energy level. When you are feeling run down and at the red frog level, it is important to try to do something about it and get back up towards the green frog level.

The last handout helped you to work out how you behave, think, and feel at each energy level. In this handout, you can begin to think about the things you might do to feel safe and secure when you are at the red frog level, and then how to begin to charge back up towards the green frog level.



Here are some step by step instructions you might find useful:

- It can be difficult to think of ways to feel safe and steady or ways to recharge if you feel very stressed or tired. You might want to fill in this handout when you are at green frog level.
- Start with the first column. Think of things you can do to stop yourself feeling worse or getting even more tired. This first column isn't about recharging, but more about making sure you don't feel any worse. You can use the prompt questions to think about this.
- Once you've filled in the first column, move on to the recharging section in the second column. Think of ways you might recharge at each level and how you might move up the levels, heading for green frog level.
- You might not have much to fill in at the green frog level, since you simply might not need to recharge anymore. You can skip straight to the yellow frog level if you like, or just put a few thoughts in that section.
- This document can be added to and amended over time until you are happy with it.


On the next page you will find the prompt questions. You'll find spaces to write your answers on the following page.

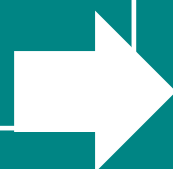
The things you can do will depend on where you are and who you are with, so keep that in mind. Answer as many or as few as you want for each frog colour, and feel free to add your own strategies.

Everyone has different ways of feeling better, so take time to think about what works for you.





Things I Can Do to Feel Safe and Steady – To Stay at the Current Level:	Things I Can Do to Recharge – To Move Up to the Next Level: Does it help me recharge if...
<ul style="list-style-type: none">• Can I move to a different room or location?• Can I go somewhere with fewer people?• Can I seek support from a trusted family member or friend?• Can I reduce the amount of noise? Or block it out completely?• Can I reduce the amount of light? Or block it out completely?• Can I change into more comfortable clothes?• Can I sit down or lie down?• Can I use breathing techniques to feel calm?• Can I use mindfulness techniques to stay on top of negative thoughts?• Can I say no if someone asks me to do something?• Can I leave a situation that is bothering me? 	<ul style="list-style-type: none">• I have something to eat? If so, what?• I have something to drink? If so, what?• I go to sleep or take a short nap• I listen to music? If so, which songs?• I listen to a podcast? If so, which podcasts?• I watch a film or TV? If so, which films or shows?• I play a video game? If so, which games?• I do something creative? If so, what?• I have a shower or a bath?• I engage in a hobby? If so, which hobbies?• I go for a walk or some other exercise?• I go outside into nature? If so, where?• I talk to a trusted family member or friend? If so, which person?• I use a weighted blanket?• I spend time with a pet?• I experience less sensory stimulation?• I experience more sensory stimulation?



Energy Level	Things I Can Do to Feel Safe and Steady	Things I Can Do to Recharge
Green Frog Happy, Peaceful, Calm, Everything is going great 		
Yellow Frog Excited, Manic, Stimmy, Feeling a bit hyper 		
Orange Frog Low, Heavy, Overstimulated, Feeling a bit Overwhelmed 		
Red Frog Angry, Upset, Exhausted, it's all to much! 		