

Energy Accounting

Energy accounting is a system for managing your energy. It requires you to consider what gives you energy and what drains you of energy so that you can make sure you do not become too tired or worn out. The energy accounting system was created by Maja Toudal and Tony Attwood, as a way of managing autistic burnout and fatigue.

To practice energy accounting, you should make two lists: one of activities which drain you of energy, withdrawals, and one of activities that restore your energy, deposits. This principle is like managing your money. You want to make sure your withdrawals (the money you spend) is not more than your deposit (the money you receive). If you withdraw more than you receive, you will go into debt. Equally, you can go into energy debt if you do too many draining activities, without making time for activities that re-energise you. When you're in energy debt, you are more likely to experience mental health difficulties; feel exhausted, and struggle with day-to-day activities.

Your list may look something like:

Withdrawals	Deposits
Making small talk with colleagues (-40)	Walking the dog (+40)
Commuting in heavy traffic (-80)	Researching special interest (+80)
Queuing for a long period of time (-10)	Having a bath (+10)
Having a bad night's sleep (-50)	Using a sensory aid (+50)
Hearing fireworks (-30)	Journalling (+30)

The numbers in brackets demonstrate how much each activity affects you. You decide these yourself. Some people find it easier to write down everything that drains them or gives them energy, and then rank each item from most impactful to least impactful, to help them determine a number for each item.

When planning your day, it is important to make sure you have counted up how much energy you will lose through essential activities like school or work, so you can make plans for re-energising yourself.

You can read more about energy accounting at:

[The Energy Accounting Activity for Autism | by Michael McKay | Age of Awareness | Medium](#)

[Energy Accounting and Autism - My Autistic Child \(mychildhasautism.co.uk\)](#)

[Energy Accounting: Stress Management and Mental Health Monitoring for Autism and Related Conditions: Amazon.co.uk: Toudal, Maja, Attwood, Dr Anthony: 9781787757752: Books](#)