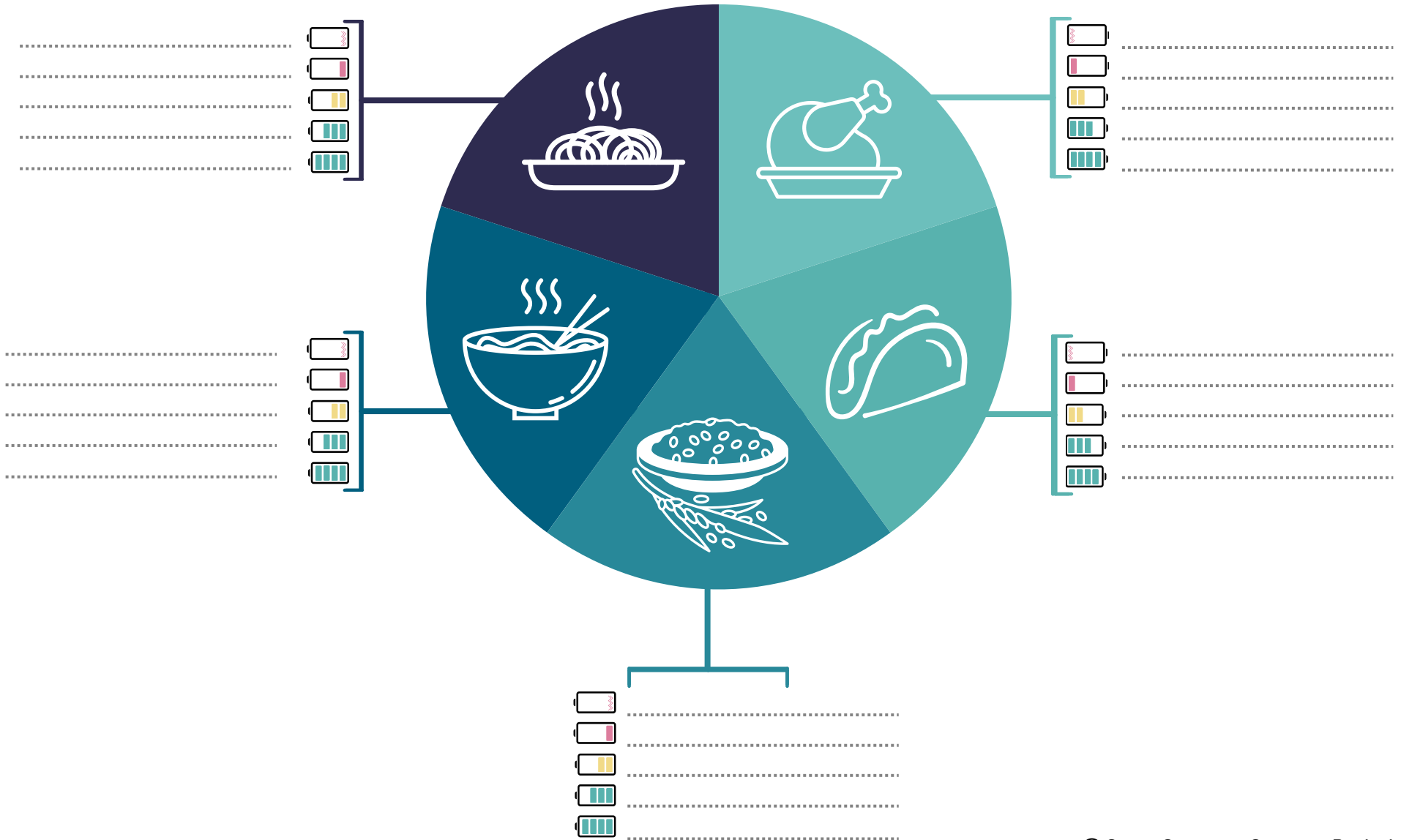
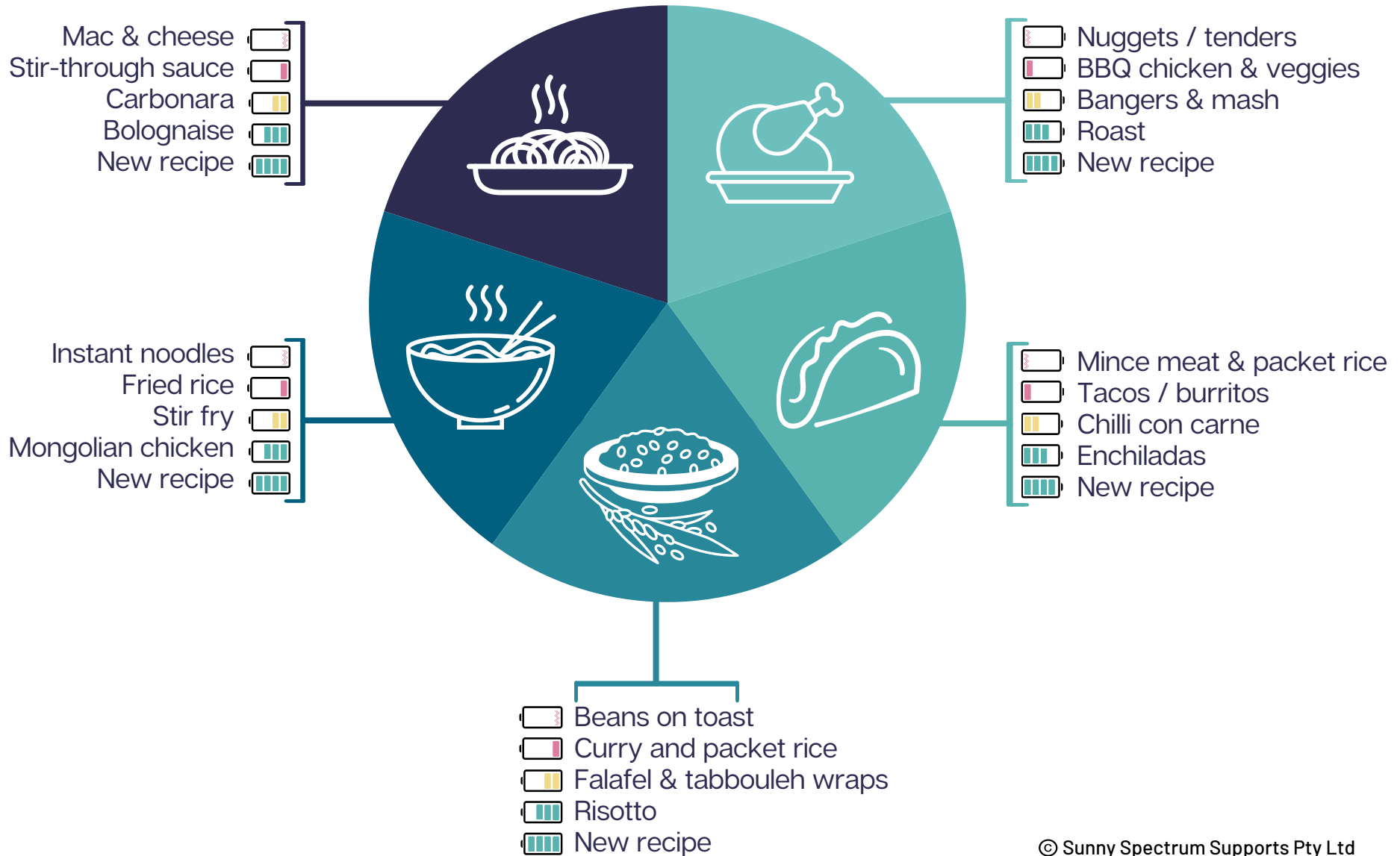


Dinner Decision Maker



Tammie's Example

Dinner Decision Maker



Dinner Tips



More low energy ideas

Fresh supermarket pre-made meals

Leftovers

Breakfast for dinner
(e.g. eggs on toast)

Snack plates (veggie sticks, dips, deli meats, cheese etc.)

Meal kits

Takeaway

- Remove as many steps as possible when low on energy
- Add in your choice of fresh or frozen veggies to any meal (or eat them on the side)
- Get creative with herbs and spices for different flavours
- Want to go meatless? Swap for mock-meat or legumes
- When you are feeling "great!" - prepare meals, portion them and fridge/freeze ready for low-energy days
- Consider online shopping to save energy. Online delivery is quite quick these days!
- **Don't push yourself to try new things, or cook a complex meal when you are low on energy**



Mental Energy

Adaptation of "Spoon Theory" & "Window of Tolerance"

How do you feel?



Some tasks require more energy than others, and activities that might seem effortless to other people can be significantly challenging for neurodivergent people.

Having an awareness of your current mental energy is essential to balance daily tasks and avoid burnout.

Prioritising tasks, setting boundaries, and practicing self-care are crucial for protecting your mental wellbeing.

It is normal to run out of energy after a big day, but if you are feeling "*Drained*" or "*Low*" **more often than not**, it could be worth talking to an allied health professional, working with a peer-mentor or joining an online community group to **uncover new strategies and ideas**.

Ask yourself:



**How often does this happen?
How often is acceptable to you?**

Mental Energy



There is a difference between *capability* and *capacity*.



Your phone is capable of lots of things, but sometimes it goes flat, out of service, or stops working all together when it is too hot. The same concept applies to our mental capacity.

You can possess *complete capability* in a certain task, yet lack the *necessary mental capacity* to execute that task at a specific moment.

Environmental factors often play a role in whether we possess the capacity to perform an action at a given time.

This can be quite frustrating, particularly when we are eager to do something that we are fully capable of, but find ourselves unable to do so due to limited mental energy.

To increase capacity, we need to consider the underlying issue and find ways to rectify it, or work around it. Usually the latter.



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