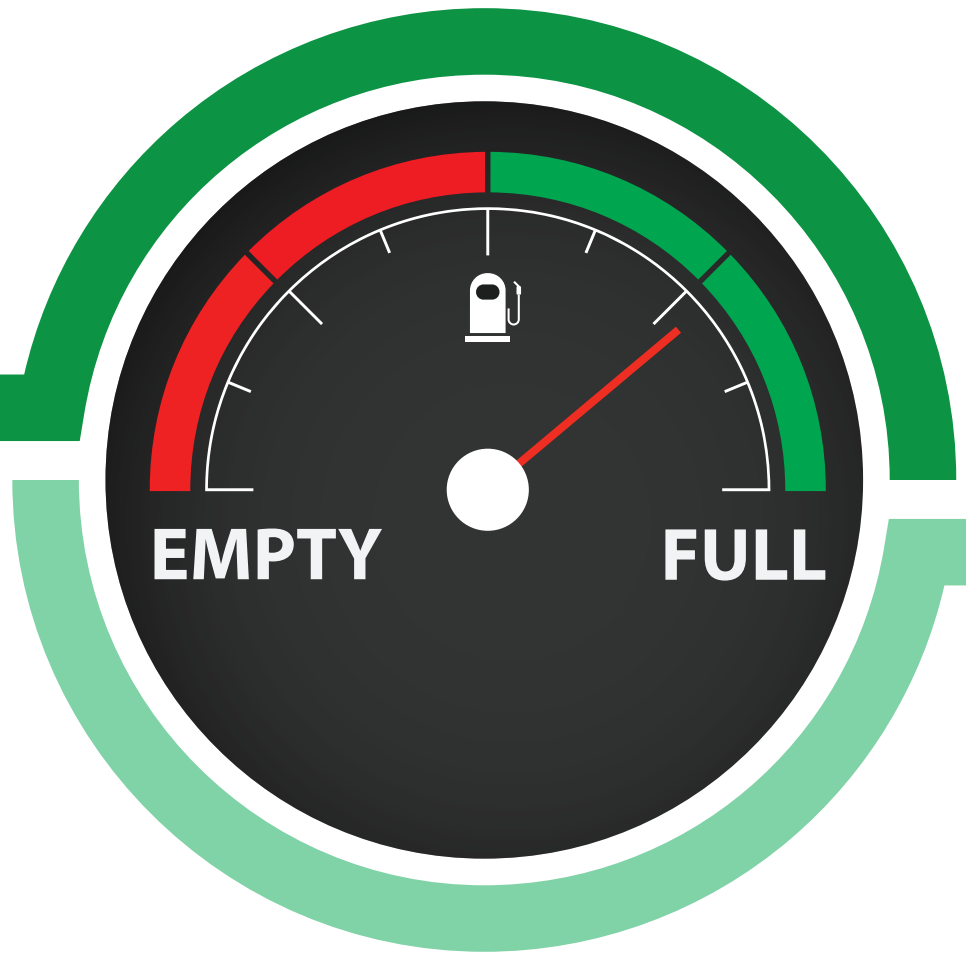


TANKS

A TOOL FOR MANAGING
WELLBEING LEVELS



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PHYSICAL TANK

WHEN THIS TANK IS FULL:

- Healthy
- Lots of energy
- Strong
- Ability to endure
- Able to rest and relax
- Have access to support when need (doctor, physio etc)

WHAT FILLS THIS TANK?

- Sleep (right amount)
- Food (right amount & type)
- Exercise (right amount & type)

WHEN THIS TANK IS EMPTY:

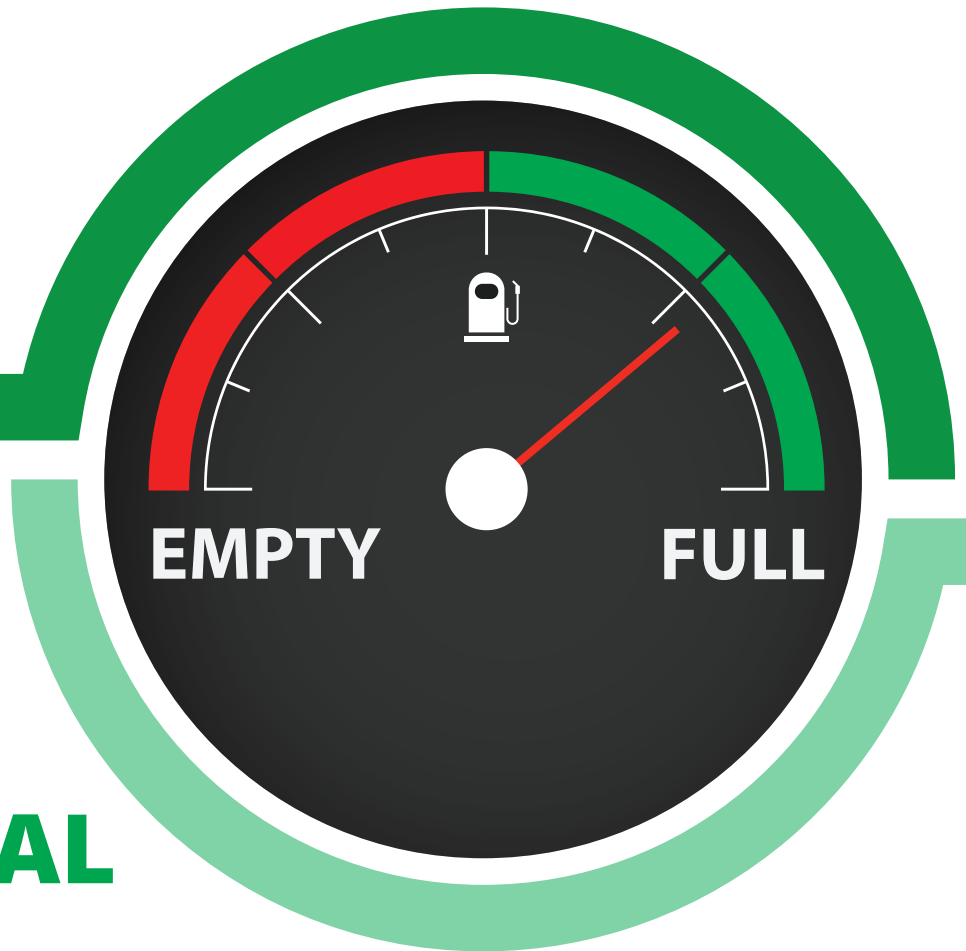
- Sick
- Lethargic, no energy
- Feel weak
- Injuries
- Pain
- Tension in body

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EMOTIONAL TANK

WHEN THIS TANK IS FULL:

- Happy
- Positive and optimistic
- General emotional consistency
- Ability to identify and name emotions
- Able to cope with or 'absorb' stress, calm

WHAT FILLS THIS TANK?

- Time with people
- Time away from people
- Honesty, able to articulate how you feel either in person or writing
- Fun, laughter, play & celebration
- Space & rest

WHEN THIS TANK IS EMPTY:

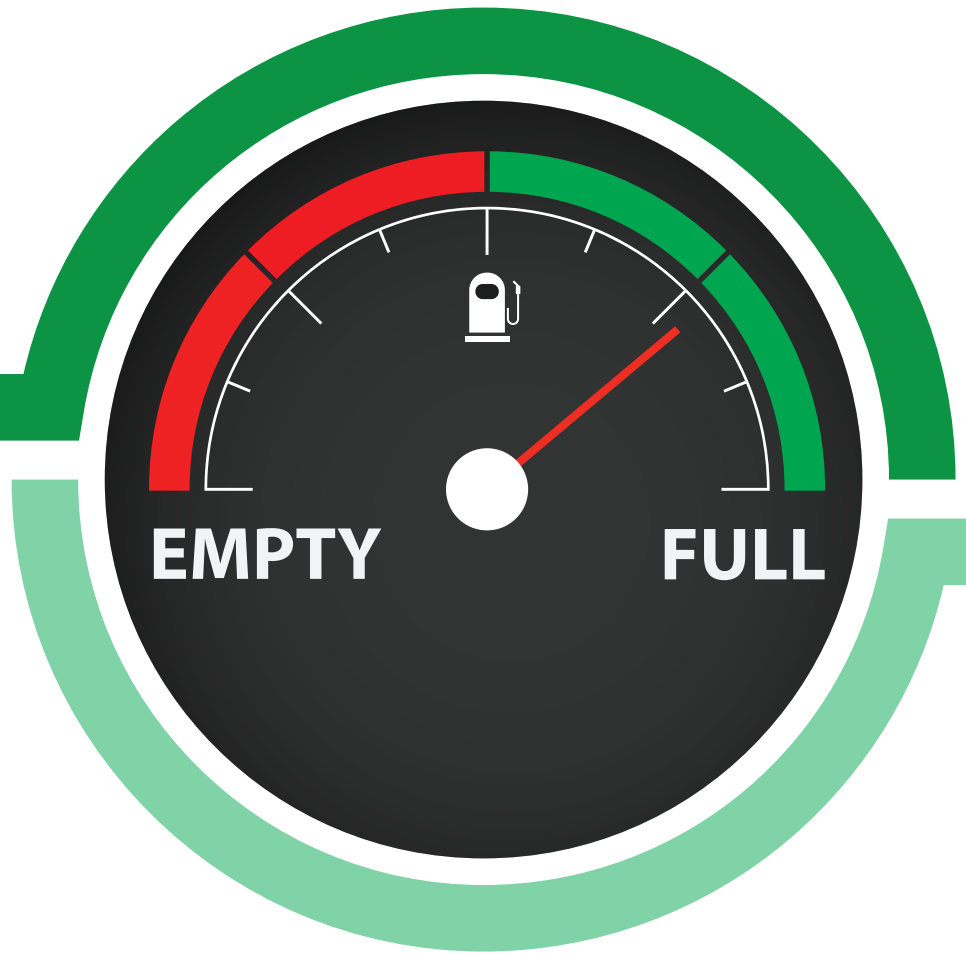
- Emotional extremes, 'rollercoaster'
- Sad, discouraged, pessimistic, worried
- Fragile or 'on edge'

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SOCIAL TANK

WHEN THIS TANK IS FULL:

- Supportive relationships (family & friends)
- Meaningful and honest connection
- Feeling of belonging
- Loved
- Cared for
- Valued

WHEN THIS TANK IS EMPTY:

- Isolated
- Conflict
- Loneliness
- Not feeling valued or included

WHAT FILLS THIS TANK?

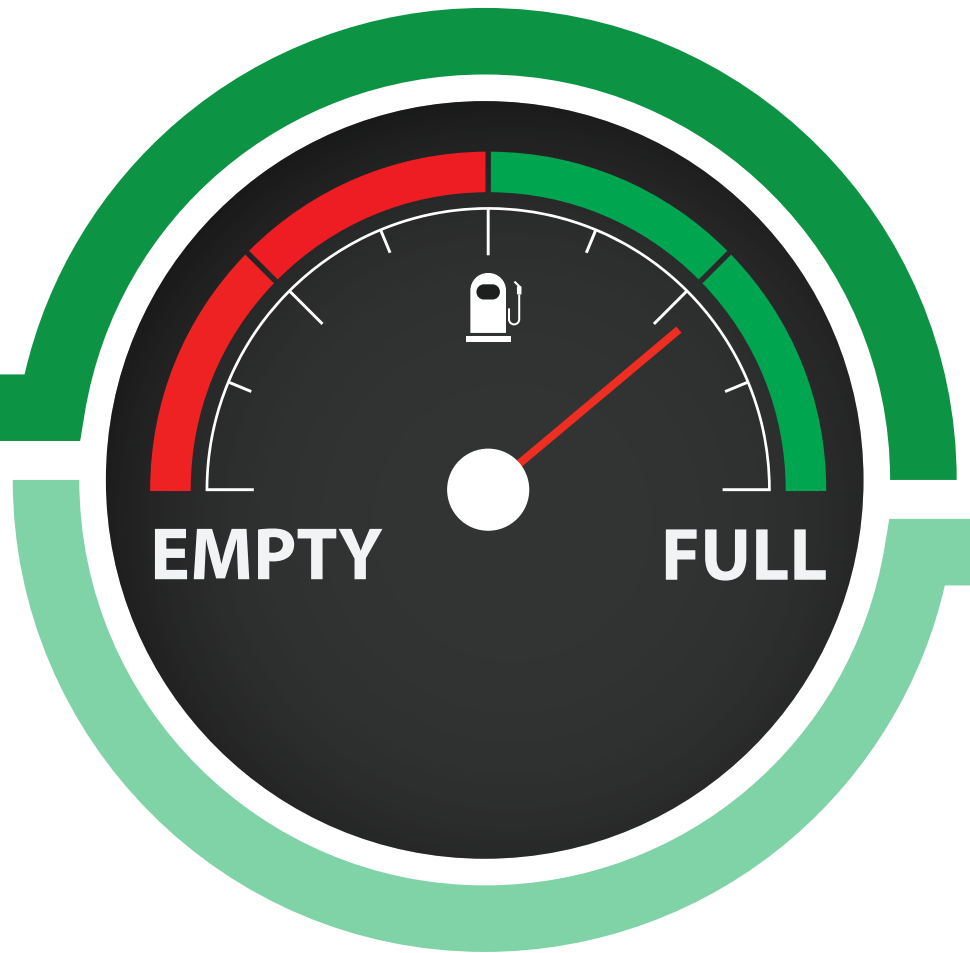
- Time with the 'right' people
- Time away from 'wrong' people
- Honesty
- Giving and receiving
- Skills to resolve conflict

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MENTAL TANK

WHEN THIS TANK IS FULL:

- Focused
- 'Sharp' or 'on the ball'
- Curiosity and wonder
- Questions
- Ideas and creativity
- Motivated

WHEN THIS TANK IS EMPTY:

- Foggy
- Bored
- Forgetful
- Difficulty focusing
- Can't 'switch off' brain or rest
- Overload of thoughts, head is 'swimming'

WHAT FILLS THIS TANK?

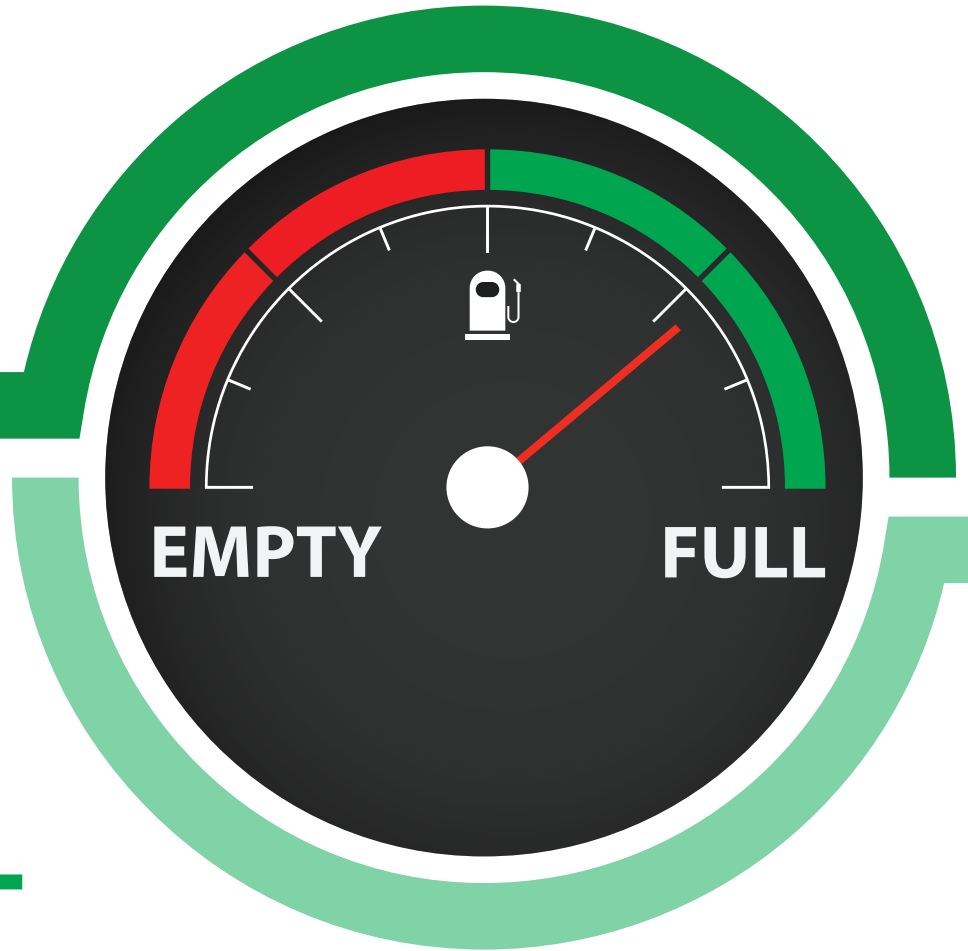
- Taking breaks
- Switching off completely
- Learning something new
- Time with people who can 'stretch' your thinking (books, podcasts)

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SPIRITUAL TANK

WHEN THIS TANK IS FULL:

- Hope
- Contentment
- Feeling of stability
- Peace (inner)
- Freedom (inner)

WHEN THIS TANK IS EMPTY:

- Weariness
- Meaningless
- Purposeless
- Burdened or heaviness

WHAT FILLS THIS TANK?

- Prayer & meditation
- Nature
- Music
- Worship
- Art
- Reading (Bible, poetry, literature)
- Writing/Journaling
- Helping others
- Ritual & spiritual practices (rest, celebration, silence, play)