

## Social battery

'Social battery' is a metaphor we use to refer to our ability to socialise with other people before feeling drained. The social battery gets 'drained' from certain things and 'charged' from others, and what drains and what charges your social battery changes, depending on whether you are an introvert or an extrovert.

### Introverts

Introverts tend to get their energy within their self, during their 'alone time', therefore spending long periods of time with many people drains their energy. If you are an introvert, you probably don't like to be at the centre of attention and tend to think things through and carefully. You might become easily agitated or overwhelmed when social gathering, have a strong desire of going home, get lost in your imagination without being able to focus on what people are talking about and look forward for some quiet time alone.

Don't feel guilty for feeling this way, it is normal and common to feel like you need a break after socialising.

There is nothing wrong with valuing your own time and if you feel like your social battery has run out during a gathering, it might be helpful for you to leave, have your alone time and 'protect' and 'recharge' your social battery.

Similarly, there is nothing wrong with saying 'no' to your friends if you feel like there is no social energy left.

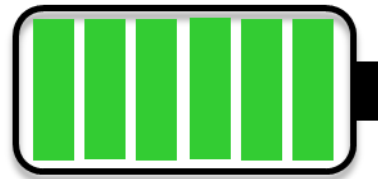
Things that drain your social battery:



Interacting for a long time with many people

Not planning your 'alone time'

Things that recharge your social battery:



Lone exercising (any activity you enjoy such as gymnastic, yoga, etc.)

Meditation and mindfulness

Taking a break from social media

Reading

Doing an activity that involves creativity (cooking, drawing, etc.)

Self-care

## Extroverts

Extroverts tend to get their energy from other people and their surroundings. If you are an extrovert, you are likely to be talkative and to go out often. You probably enjoy spending time with large groups of people and don't really like being alone. Socializing is what 'recharges' your social battery.

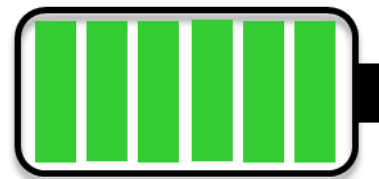
### Things that drain your social battery:



**Spending a long time alone without interacting with others**

**Lone working / studying / activities**

### Things that recharge your social battery:



**Making plans with family and friends (calls, playing videogames, etc.)**

**Video-calling friends to work/study together**

**Joining a club or attending concerts**

**Volunteering in your free time**

# What do you think drains your social battery and what recharges it?

Things that drain your social battery:



Four empty rectangular boxes with red borders, stacked vertically, for writing.

Things that recharge your social battery:



Four empty rectangular boxes with green borders, stacked vertically, for writing.