

Types of Energy

Physical Energy

Walking Running Sport
Sitting Housework Talking
Driving Phone Conversation

Cognitive Energy

Reading Writing
Calculations Thinking
Watching TV Phone conversation
College work Art & Craft work
Talking Driving

Emotional Energy

Worrying Crying Laughing
Shouting Arguing Sulking
Talking Anger Fear
Distress Guilt Anticipation
Phone Conversation

Spiritual Energy

Beliefs Losses

Homeostatic Energy

Digestion Body Temperature
Blood sugar levels Water balance of blood