Types of Energy

**Physical Energy**
- Walking
- Running
- Sport
- Sitting
- Housework
- Talking
- Driving
- Phone Conversation

**Emotional Energy**
- Worrying
- Shouting
- Arguing
- Talking
- Distress
- Guilt
- Phone Conversation
- Laughing
- Crying
- Sulking
- Arguing
- Anger
- Fear
- Anticipation

**Cognitive Energy**
- Reading
- Calculations
- Watching TV
- College work
- Talking
- Writing
- Thinking
- Phone conversation
- Art & Craft work
- Driving

**Spiritual Energy**
- Beliefs
- Losses

**Homeostatic Energy**
- Digestion
- Blood sugar levels
- Body Temperature
- Water balance of blood