



The Social Energy Filter Framework

Not every conversation affects us in the same way.
Learning to recognise which interactions restore your energy,
and which quietly drain it, is the first step towards protecting it.

Spot High Demand Interactions

Notice conversations that require careful thinking, managing tone,
or solving problems.

Time Them Earlier

Schedule demanding interactions when your mental energy is highest.

Add a Reset

Insert 5–10 minutes of quiet between social roles or conversations.

Choose Low-Friction Time

Prioritise interactions where you can relax rather than perform.

Outcome:

More presence. Less mental carryover.
