

Energy Draining vs Energy Gaining

Energy drainer versus energy giving activities.



When our batteries are full, we can operate to the best of our ability. The fuller our battery, the better position we are in when it comes to managing our wellbeing and fulfilling our potential.



As our battery depletes, our mood and motivation gradually decrease. Things become more challenging if we do not re-charge.



When our battery gets even lower, we run on power-saving mode, causing us to do less, become increasingly withdrawn and participate in **energy draining activities**. This makes us feel even more de-motivated and our mood drops more rapidly.



So, we need to re-charge our battery through participating in **energy gaining activities**. This will gradually build up motivation by achieving quick wins and selecting activities which help with motivation, rather than by making it worse.

Energy Gainer Activities

- Going for a short walk.
- Completing the easiest job on your list.
- Doing for something for 15 minutes then agreeing to stop afterwards.
- 5 Minute relaxation activities.
- Moving to another room rather than staying in bed.
- Making your bed.
- Cooking your own food rather than ordering in.

Energy Drainer Activities

- Endless scrolling on social media.
- Ordering takeaway food.
- Staying in bed.
- Day time napping.
- Putting off exercise completely until you feel your battery is 100% full.
- Procrastination.
- Only cleaning and tidying once your battery is completely full.
- Not asking for help

