

Recognizing and Treating Depletion

1. Brainstorm a list of signs that you may be energetically depleted and/or running on empty. Your family or coworkers might have things to add to the list so check with them if you feel comfortable doing so.

2. From that list, identify which are the early warning signs and which are signs that a crash is eminent.

3. On an index card or other handy place, write down your most common signs of depletion.

4. In the moment that you realize you are getting depleted, what kinds of activities are helpful for you to “triage” the situation? Think of activities that take only take 2-10 minutes but are nods to you taking care of yourself (e.g., make a cup of tea, take a walk around the block, watch a few cute animal videos, close your eyes for 5 minutes, etc.)

5. Add some of these items to the other side of your index card.

6. What kinds of activities are good for filling up your reserves? These can be activities that take longer amounts of time and can't be done in the moment you start to feel depleted - rather you do them on an ongoing basis to keep balanced (e.g., sports/fitness activity, a weekend of binge watching tv or binge reading, a visit to a museum, etc.)

7. Look at your schedule for the coming week and schedule some time for your “filling up” activities. If your week is just too hectic, then prioritize some extra filling up time the next week.

8. Keep your index card somewhere handy and reference it at least daily.

Reach out with questions or feedback at: <https://beburnoutproof.com/Connect.html>

