

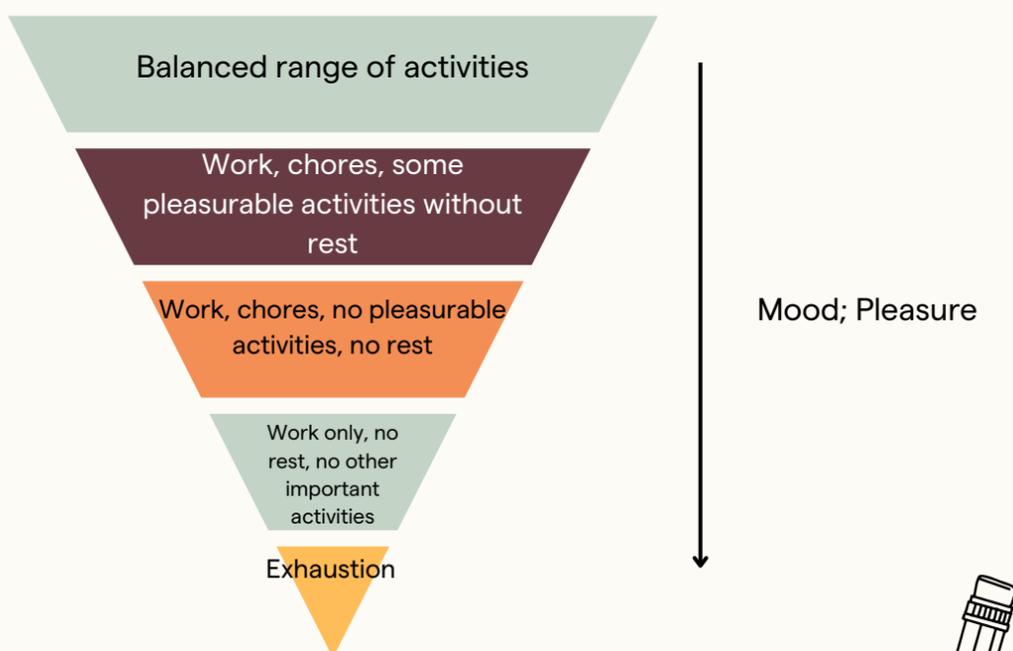
The

EXHAUSTION FUNNEL

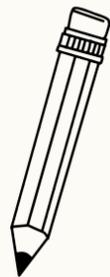
avoiding exhaustion

Getting through everyday can be struggle, especially when it's ridden with tasks and responsibilities. When this happens, it is important for us to not reach exhaustion in the midst of living.

One way to conceptualize exhaustion is to practice more self-care through the Exhaustion Funnel. A great thing about The Exhaustion Funnel is that it shows how we can feel absolutely burnt out but still look like we are "functioning normally". The goal is to identify how close we are to exhaustion, and to find meaning what we do to bring us back to a balanced..



Write 10 activities that you engage within a day
Then, next to each one, write down
whether it's nourishing or draining.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

An activity can be nourishing or draining depending on the meaning we give to them (e.g. "The commute home is draining because it's long and boring" vs "The commute home is nourishing because I get to read a book on the train"). Some draining activities may be necessary, but giving them a different meaning to make them nourishing could help us strike a balance!