

FILLING YOUR EMOTIONAL GAS TANK

In order to better understand self-care, you must first understand that everyone has a finite amount of emotional energy to start each day. *And it's different for different people.* Where do you start the day? Do you have chronic struggles that lower your emotional tank? Are you going through something difficult that means you start out each day with a little less energy while those circumstances exist? Are you more easily drained than other people?

Once you have figured out how much emotional energy you have, then you have to know where you burn your fuel... and where you fill your tank.

Burning Fuel:

Anything that "drains" you—makes you feel tired, worn-out, anything that makes you feel angry, depressed, or anxious. In short—any thing that ADDS stress.

Filling your tank:

Anything that builds you up, relaxes you, energizes you, helps your self-esteem. In short—anything that boosts your mood or TAKES AWAY stress

