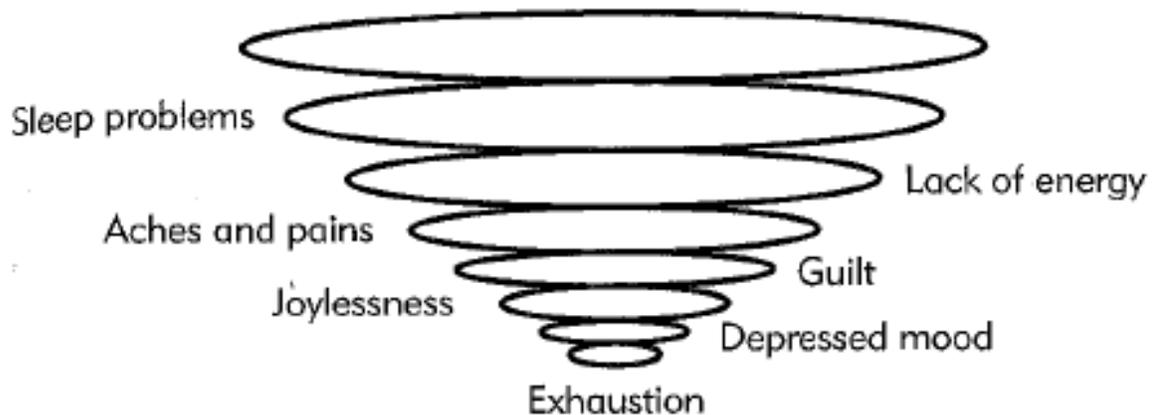


## Session 5-Balancing Stress and Self-Care

The “Exhaustion Funnel” is a hypothesized causal mechanism of stress and burnout. It was developed by Professor Marie Asberg, a renowned expert on burnout. The top circle represents how we are when we lead a balanced and healthy life. As things get busier, many of us tend to give things up to focus on what seems most urgent or important. The circle narrows, illustrating the narrowing of our lives. Some of us give up more – and then more. The circles narrow further. Very often, the very first things we give up are those that nourish us the most but seem optional at the time. The result is that we are increasingly left with stressors that deplete our resources, and nothing to replenish or nourish us. There are some things we do that **use up our energy** and other things that **give us energy**, and “wellness” is about finding a healthy balance, so that you’re never on empty.



### Nourishing & Depleting Activities

Bring to mind what you do during a typical week. For purposes of this exercise in class, 10-15 activities is enough. Now see if you can divide the list into Nourishing activities and Depleting Activities.

**Nourishing Activities:** Those things that lift your mood or give you energy. Put an ‘N’ beside them.

**Depleting Activities:** Those things that dampen your mood or take your energy. Put a ‘D’ beside them.

**Neutral Activities:** If an activity is neither nourishing or depleting, place a “0” beside it.

You may find that the same activity may be nourishing in one context, depleting in another or even neutral depending upon your overall state of mind and body. It’s ok to label them as both.

Use the next page to write down your nourishing and depleting activities and to place an “N”, “D”, or “0” next to them.

Activity	N /D/O

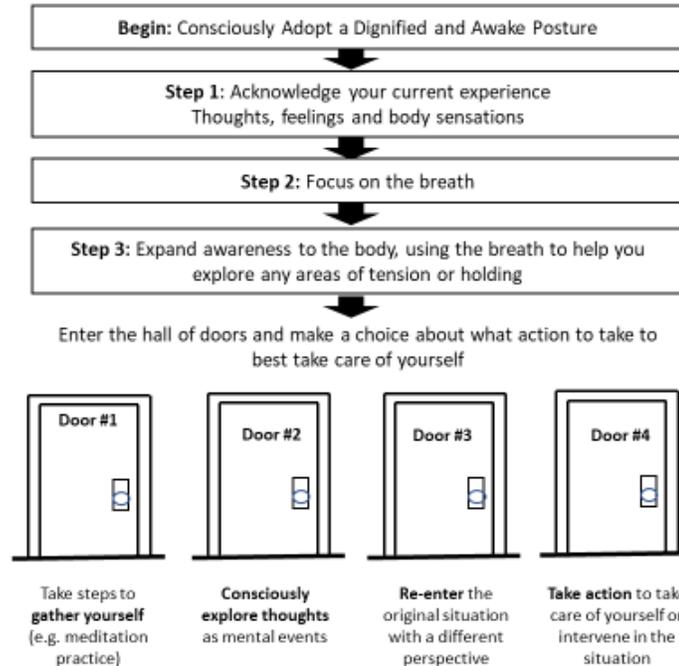
What do you notice when you take a closer look at your typical week?

Is there a way to bring more of the nourishing activities into your life?

Is there a way to modify those activities that are depleting by perhaps finding a way to do less of them, or bringing a different attitude to those activities that are depleting?

## Using mindfulness to help you take care of yourself: The Three Minute Breathing Space With An Action Step

### The Hall Of Doors Using Mindfulness To Help With Stress



### Home Practice for the Week Following Session 5

1. Use the three minute breathing space with an action step during more stressful moments during the week.
2. Spend some time being aware of nourishing and depleting activities during your week. Notice your “automatic pilot” responses to these activities. See which activities might benefit from a different perspective and which might benefit from intentional intervention.
3. Pick a mindfulness practice that you will use for the next week and then for the four weeks after the program is over. It’s perfectly ok to pick a short practice or an informal practice or a combination of both. The important thing is to pick a practice that you are confident you can do on a regular basis for the next four weeks.