

Nourishing & Depleting activities

When we start to feel depressed or stressed, we tend to neglect the nourishing activities which usually help us feel better, and try to keep doing those which we really have to do – which further deplete and exhaust us. We then feel even worse, so do even less.

Range of daily activities - good energy levels

Reduced energy - reduce activities

Lower mood – do even less

Depressed - exhausted

Even if we can't reduce the depleting activities, we can aim to find a healthier balance by:

- Increasing the amount of nourishing activities
- Learning to see our depleting activities in a new way

It can help to write down two lists of your normal daily activities

- A typical work / week day
- A typical day off / weekend day



Be sure to write down everything you can think of, including getting up, getting dressed, showering, eating breakfast etc. Then look back at your list, and decide which activities nourish you, and which deplete you, then indicate with an N or D next to each item on your list.

- Nourishing activities:
 - Lift mood
 - Increase energy
 - Help you feel calm and centred



- Depleting activities:
 - Lower mood
 - Drain energy
 - Increase stress and tension

You might find that some activities are not so clearly 'either-or', but sometimes nourishing and sometimes depleting – depending on the meaning that we give them at that time.

Decide how you can find a healthier balance by increasing your nourishing activities, and/or considering what depleting activities you can change:

- What will you do differently?
 - When? How? Who with?
- Or you might choose to change the meaning you give those depleting activities that you can't avoid doing:
 - Perhaps there's another way of looking at this
 - Is that fact or opinion?
 - Perhaps that's the voice of (*depression or anxiety*) speaking

Based on Asberg 2008, Williams et al 2007, Fennell 2010