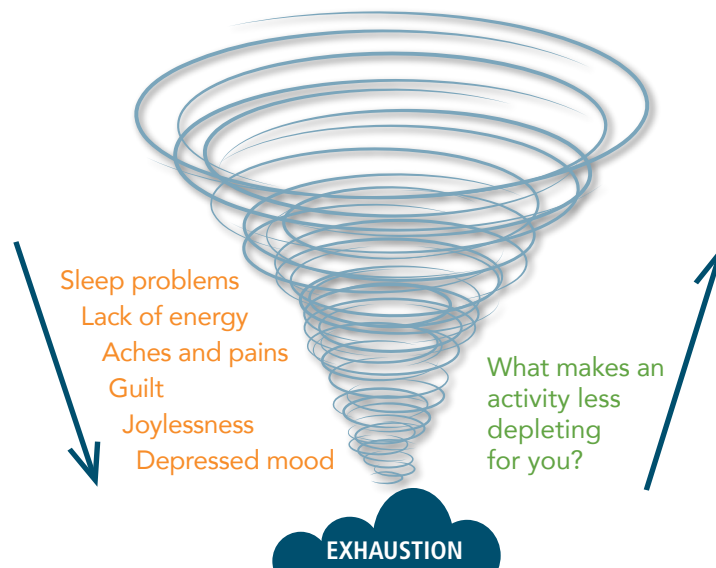


Choose Nourishing vs. Depleting!

In our demanding lives, we can easily get caught in simply getting the tasks done and losing all enjoyment. We can get sucked into an **Exhaustion Funnel**, a term coined by Marie Asberg, Karolinska Institute, Stockholm.



Our colleagues can help us transform depleting activities into more nourishing ones.



What activities do your colleagues find depleting that you do not?

Which do they seem to do without feeling exhaustion?

What are different ways your colleagues approach an activity that is typically depleting for you but not for them?

Activity: Aspiring toward Nourishment

Finding balance between those tasks that feel depleting and those that rejuvenate you is a skill developed over time. Reflecting on the key questions below with someone who inspires you, may offer a perspective shift on certain tasks that proves to be beneficial to your wellbeing. Additionally, taking time to step away from your desk and into a space that brings you joy, can provide a new vantage point. For this activity, choose a colleague and space that leaves you feeling nourished and reflect together on the following questions:

- What job-related task does one of you find challenging, mindless, or exhausting that the other enjoys, finds nourishing, or gets excited about? Be sure to identify one thing that is nourishing for each person but depleting for the other.
- When you hold the depleting perspective, become curious about what your partner finds pleasurable about the task.
- When has a perspective shift of mundane tasks been helpful and what allowed you to see the tasks in a new light?
- What brings you back to a place of nourishment when feeling depleted?