

Nurturing vs. Depleting Activities

Some of the things we do each day can be thought of as **nurturing activities**.

These cheer us up, give us energy, improve our well-being, and help us to better manage stress.

Other activities can be self-defeating, only adding to or perpetuating our low mood,

For example:

- *Eating healthy, regular meals*
- *Engaging in our hobbies*
- *Getting enough sleep, or*
- *Spending quality time with friends.*

These **depleting activities** sap our energy, increase our stress levels, and take away from our happiness.

Examples might include:

- *Repetitive work-related tasks*
- *Taking care of others*
- *Ruminating or dwelling on the past, or*
- *Reading the news.*

When managing symptoms of stress, depression, and anxiety, it can be easy to forget about the self-nurturing activities that often help us feel better.

Reflecting on which category our daily activities fall into can help us take steps to restore a healthy balance.

With more nurturing activities in our lives, we can better deal with life's difficulties when they do arise since we are operating from a place of better mental wellbeing overall.



