



## Activities that Drain or Take Away from Your Energy & Life

### Mental Energy Drains

- too much mindless TV
- excessive exposure to the news on TV, radio, in newspapers, or the internet
- spending time around negative, demanding people at work or at home
- talking about yourself negatively, putting yourself down
- worrying too much
- maintaining a cluttered environment
- having financial concerns and overspending
- projects you have not finished
- conflicts you have not resolved

### Physical Energy Drains

- smoking
- abusing alcohol
- illicit or abusing prescription drugs
- unhealthy diet
- eating too much sugar
- too much caffeine
- consuming food additives
- lack of exercise
- working out too much or too hard and exhausting oneself
- being overweight
- getting insufficient sleep
- constantly rushing

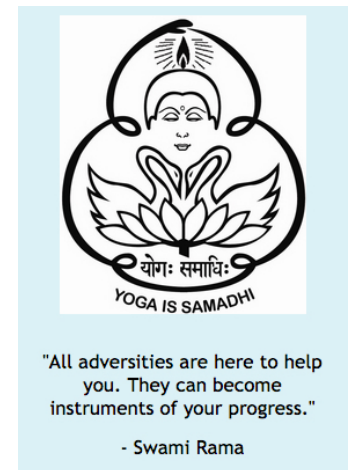
### Spiritual Energy Drains

- holding things inside that you are afraid to express
- pushing yourself to do things you do not want to do
- staying in a job you dislike
- staying in an unhealthy relationship (familial, romantic, or friendship)

There is always hope and a way to transform yourself. Sometimes we cannot change all that can be draining in our lives. However, we can make steps, even tiny steps, to shift our life in a more satisfying and healthy direction. See the next page for more details.



The miracle is not to walk on water. The miracle is to walk on the green earth in the present moment, to appreciate the peace and beauty that are available now. There is no enlightenment outside of daily life.  
—Thich Nhat Hanh





## Activities that Enhance or Add to Your Energy & Life

### Mental Energy Enhancers

- reading, listening to, or watching inspirational books, music, or movies/shows
- spending time with friends and family who are positive and enhance your life
- having adequate savings and maintaining a reasonable level of spending
- maintaining an environment that is neat, clean, and well organized
- facing old conflicts and finding ways to resolve them
- creating “resistive scheduling” (being conscious in your decision to not fill up the entire day with things to do and leaving “buffer room” for the unexpected or to enjoy and relax)

### Physical Energy Enhancers

- eating nutritious, vitamin-packed foods (organic, if you can)
- drinking abundant pure water
- being in natural light (full-spectrum bulbs work too)
- exercising in all forms (balance, cardio, strength/weight bearing, stretching)
- obtaining plenty of sleep
- doing things at your pace (when we can) rather than how someone else dictates
- participating in relaxing therapies such as yoga, pilates, tai chi, qi gong, massage, and mindful walking
- taking warm baths with or without bath salts and pure essential oils (e.g., Aura Cacia, Mountain Rose Herbs, Pranarom, Wyndmere, Young Living)
- giving and receiving hugs

### Spiritual Energy Enhancers

- saying only what you believe to be the truth without harming others
- doing everything with love and awareness/mindfulness
- practicing gratitude
- focusing on what you want/have instead of what you don't want/have
- saying no to anything that goes against your beliefs
- listening to and following your inner voice (intuition)
- spending time in nature and with animals
- having fun
- praying
- meditating
- identifying your dreams and taking steps to following them (affirmations)
- listening to healing/uplifting music (e.g., Steve Halpern, Laura Inserra, Mirabai Ceiba, Sequoia Records, etc.)

### Multiple Level Energy Enhancers

- Healing modalities such as Ayurveda, Forest Bathing, Somatic Experiencing, touch work (Bodydynamics, Cranial Sacral, Reiki, Transforming Touch, etc.), Traditional Chinese Medicine