

# Nurturing vs Depleting Activity

**Nurturing activities are those that provide us with energy, positive feelings/emotions, improve our wellness or decrease our stress!**

Examples:

- Spending time with children/family
- Journaling
- Positive self-talk
- Going for a hike/jog
- Visiting a therapist



**Depleting activities often drain us of energy, negatively impact our emotions and increase our stress levels!**

Examples:

- Working overtime hours
- Dwelling on the past
- Engaging in conflict at work or home
- Over-exercising
- Poor nutritional habits



Take a moment to reflect on the activities you engage in over the next few weeks. Record these activities and reflect on how you felt after completing them. Check the box to the right to indicate if this activity is nurturing or depleting. Our goal in self-care is to engage in more nurturing activities than depleting ones. We can't always avoid stressful events but we can compensate for the strain these events may put on us!

<b>Example: Activity</b>	<b>Nurturing</b>	<b>Depleting</b>
<i>Took my dog for a walk</i>	✓	

<b>Activity</b>	<b>Nurturing</b>	<b>Depleting</b>