



Emotional Energy

Factsheet

Emotional Energy



Emotional Exhaustion

Are there days when you just feel flat and lack joy? Do you often wake up after a good night's sleep and still feel depleted of energy? The chances are you're suffering from emotional exhaustion.

The great news is by getting into a new habit of self-care and pursuing both people and activities that make you happy, you can refill your emotional energy and work on your wellbeing every day.

What is Emotional Energy?

We often think of energy in physical terms, but we also have a level of emotional energy. When you allow your emotions to go unrecognised and unresolved, you can feel emotionally drained and this can leave you feeling both exhausted and mentally tired.

Low energy levels are often contributed by poor diet, stress or physical imbalances such as hormones or injury. Once these are all ruled out, it may be emotional energy, which is more of an issue and not your physical health.

If you are drained emotionally, you may experience some of the following symptoms:

- Poor sleep and suffering with insomnia
- Drained and lacking motivation
- Constant fatigue and feeling lethargic
- Low mood and feeling irritable or angry

In order to protect and replenish emotional energy, you need to look at your emotional life and determine what can be improved and healed through better mental health and do your best to resolve them.

Identifying emotional drains

Identify your emotional drains and then identify and increase your emotional gains.

Emotional Drains

→ Excessive worrying

→ Overdosing on guilt

→ Avoiding confrontation, holding onto feelings of anger and resentment

→ Indecisiveness

→ Overcommitting and not setting healthy boundaries in relationships

→ Repetitively thinking about negative experiences

→ Holding on to loss

Emotional Energy

Replenish your emotional energy

Self-care is essential for maintaining good energy levels and making your own mental health a priority, can help prevent your emotional state from being damaged by any stressful situations. Prioritising yourself is not being selfish, you will be in a better position to give your best self to your friends, family and work and help others in your life.



Start the day well

Kick start your day with meditation, exercise or read an uplifting book; it will make you feel more positive, organise your mind and make you feel happy and well. It takes practice, but with time, the more you do it, the easier it will become. You will soon start to feel different and more resilient in dealing with life's inevitable changes when you start the day.



Do more of what you want

Make time for a moment in your day for something that gives you pleasure. It could be sitting peacefully in the sun or reading the next chapter in a book. Keep your emotions nourished and find out what makes you really happy.



Try to stop worrying and take action

Negative emotions such as worrying never solve anything. Write down a list of all your worries and try to not think so deeply about the 'what ifs' and feel happier in the present. Taking actions is the best cure for worry.



Don't feel you always have to say yes

When we deprive ourselves of fun, this can be one of the greatest drains on our emotions. When we have responsibilities that call on our time and energy, it can leave you feeling exhausted emotionally. If something doesn't give you satisfaction or pleasure, do it differently or stop doing it completely and give yourself more time for self-care.

Emotional Energy

Replenish your emotional energy



Spending time with others

Spend time talking with people you enjoy and disengage from those that make you feel negative about yourself. Spending time with people who are interesting, compassionate and full of joy will bring out the best in you and help you to fill up your emotional energy.



Laughter really is the best medicine

When was the last time you really laughed, clutching your belly, whilst wiping away the tears? Talk to a friend that makes you laugh, watch a comedy show or discover your inner child and do something silly like running down a hill.



Plan a treat for yourself now and again

Keep your emotional energy high and have something to look forward to, like a weekend walk, tranquil bath or cooking a special meal.

Whenever you are struggling with emotional energy, make sure you take time out for self-care so that negative feelings and stress don't have the opportunity to build up. If you focus regularly on recharging your emotional energy, you will be able to maintain a more stable level and not end up feeling depleted over time.

Staying in touch with your feelings and finding solutions, can help make self-care a beneficial and easy habit to maintain.

Mood Monitoring

It's not just you...

Everyone can feel out of sorts, or moody. Some days you'll feel on top of the world and other days you can feel more sensitive and annoyed. It's okay to feel sad sometimes too.

A mood is part of your emotional rhythm, but a little less intense than an emotion. And it usually has a trigger, such as an event or experience.

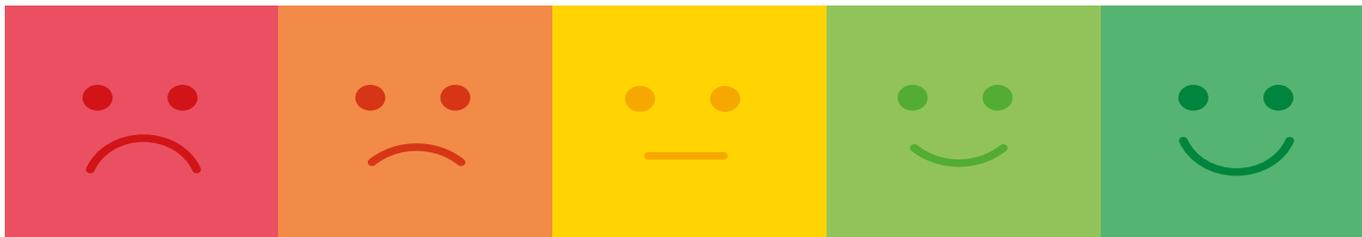
Your mood may be something that you've tried to achieve (such as peacefulness from doing yoga) or something over which you feel you have no control (such as annoyance about a parking ticket). It might only last a short time, or it might hang around.

Mood tracking is a positive psychology technique for improving mental health.

What causes moods?

There are three areas that combine to create moods in the brain.

- Biology (hormones and brain chemicals)
- Psychology (personality and learned responses)
- Environment (illness and emotional stress)



What can cause a negative mood?

- Stress
- Poor sleep, tiredness and overwork
- Needing to eat
- Interactions with the people around you
- The news
- The weather
- Hormonal changes, such as due to your period, puberty, menopause, or pregnancy
- Lack of exercise
- A need for a break
- Drugs and alcohol
- Poor nutrition
- Medication side effects
- Depression
- Anxiety
- Substance abuse
- Attention-deficit hyperactivity disorder
- Bipolar disorder
- Dementia
- Physical illness or chronic pain

Mood Monitoring

Monitor your mood

Find out what causes your different moods and make it easier to identify negative influences (or triggers), by tracking your mood patterns.

Mood monitoring can also show early warning signs that your health is deteriorating.

If you're more aware of your moods, you may be able to manage your lifestyle choices better, make informed health decisions, prevent or avoid triggers of negative moods, and work towards a better quality of life.



Mood tracker



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Angry



Happy



Productive



Sad



Nervous



Sick



Tired

Mood Monitoring

Helping you be happier

Feel more in control of your moods and able to cope with life's ups and downs, with these useful mood-boosting tips:



Choose a healthy lifestyle

Limit your alcohol intake, make healthy food choices, get regular exercise and enough sleep. Each of these factors can influence your mood. Be kind to yourself and choose wisely.



Improve your self-esteem

Treat yourself as you would treat a valued friend – in a positive and honest way. Be mindful of when you put yourself down and tell yourself something positive instead.



Enjoy yourself

Nurture your emotional wellbeing and do things you enjoy. Simple activities like a bath or watching a film can improve your day. And doing something you're good at will give a sense of achievement.



Manage your stress levels

Research ways to reduce the stress in your life, such as time-management techniques, regular exercise and breathing exercises.



Talk it out

Talking things through helps to release tension, rather than keeping it inside. It improves relationships and helps you to connect with people.



Build strength and resilience

Starting a support group to help others or making something creative out of bad experiences (like writing, painting or singing) can help you express pain and get through harder times.

Recommended apps for tracking your mood

Daylio
eMoods
Moodflow
iMoodJournal
Mood Log
Moodnotes

*“Every day is a
new beginning.
Take a deep
breath, smile and
start again”*

greencore
group

