**Energy Drains**

If you are feeling overwhelmed and drained, you might have difficulty knowing what areas of your life to work on changing. Most of us are unconscious about how our mental energy is used throughout our daily lives. Becoming conscious of where your energy flows can be very revealing. It may be time to diminish those thoughts or behaviors that zap your energy.

**Unhealthy, toxic relationships**

**Being a people pleaser**

**Multitasking**

**Too much alcohol**

**Being a perfectionist**

**News (the depressing stuff)**

**Violent or dark tv shows**

**People who steal your joy**

**Needy, toxic people (emotional vampires)**

**Being in crowds (tough for introverts)**

**Negative self-talk (pessimism)**

**Guilt**

**Grief (have to go through it anyway)**

**Perpetually running late and/or procrastination**

**Never taking time off to relax or take a vacation**

**News (the depressing stuff)**

**Violent or Dark T.V. shows**

People that steel your joy.

Needy, Toxic People (emotional vampires)

Being in Crowds (especially if you are an introvert)

Negative self-talk (pessimism)

Guilt

Grief (have to go thru it anyway)

Running late perpetually or Procrastination

Never taking time off to relax or take a vacation.

A sedentary lifestyle/no exercise

**Taking things personally**

**Holding on to the past**

**Always checking email & social media**

**Constantly worrying**

**Sleeping too much or not enough**

**Poor diet-**

**(not enough of the good stuff)**

**Complaining**

**Not following through**

**Being a passenger in your own life**

**Overthinking**

**Witnessing or participating in drama**

**Being inside all the time**

**(too little fresh air and sunshine)**

**Having a messy/disorganized work area**

**Electronic device use close to bedtime**

**(blue light messes with your sleep)**

**A sedentary lifestyle/no physical activity**