

## Sources of Energy and Drains on Energy Energy Givers

- water (glass of water)
- sunlight
- reading
- music
- fresh air
- social connections
- sleep
- cuddles with pet, hugs
- exercise
- laugh
- self-care
- nourishing food

## Energy takers

- overthinking
- screens + social media
- inconsistent sleep
- alcohol, poor food
- setting unrealistic goals
- unclear boundaries
- negativity
- no movement
- dehydration
- living in the past
- working with no rest