

Build Reserve Energy

Building reserves is partly a matter of conserving the energy you *do* have, and partly a case of reducing the losses through leakages of various kinds. For example, it is important to avoid scattering your energies unnecessarily through trying to do too much at once. And take care how you spend your time, effort and money, as over-spending in these areas can all drain your reserves. Make sure your needs get met, and that you ditch those things which deplete you; by plugging up the holes, much like those in a leaky cup, you will be able to build up resilience, and store vital energy which can be drawn upon when you most need it.

It may be important to focus and direct your energies on doing one task at a time, and doing that task well. Use one-pointed attention. On completion, consolidate on what you have achieved before moving on to other things. By pacing yourself, and achieving a good balance between rest and activity, it is likely that you will actually get more done in the long run, and without draining your batteries. And recognise when you have done enough. Always remember to re-charge yourself, and create yourself some space to breathe again and re-group. Try to eliminate unnecessary baggage, and abandon roles you never chose in the first place. Free yourself from oughts and shoulds, whether these are self-imposed, or those foisted upon you by others. Learn to say 'No' to unwelcome demands wherever possible.

By following the above guidelines, you should develop momentum in the areas of your life that are truly important to you. You should feel calm and resourceful, and able to see the wood for the trees. You can use your energies for creative endeavours, rather than simply for coping and survival. Your relationships are likely to improve as you feel more freed up to spend quality time with others. Having reserve energy can help protect us from life's inevitable stressors and we are able to effectively deal with the things that are unexpectedly thrown at us; we will be able to take things in our stride. We will also have the resources and the confidence to take on any new challenges and opportunities that present themselves to us on our life's path. Our eyes will be open, and we will be able to clearly distinguish between that which is important and of value to us, and that which is superfluous.

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