

Discover What Energises You, and What Drains You

Some activities really ignite our passions, fill us with energy, and give us that real get-up-and-go feeling. These may include a stimulating walk, starting a new project that engages your interest, or taking the children to the beach, or to the park to play games. Other activities on the other hand – perhaps especially the more passive ones – can make us feel lethargic, stagnant and lacking in enthusiasm. Of course some tasks which may make us feel this way are unavoidable, such as household chores (unless of course you love housework!), but try to make a conscious decision to follow this with a more life-enhancing activity. This can apply to the company we keep too; some people positively energise us with their optimistic attitudes, whilst others can drag us down, perhaps because their pessimism or negativity rubs off on us - so choose who you spend time with wisely!

Get in the habit of noticing which pursuits energise you, and which drain you, and of course aim to do more of the former! Creating a written list can serve as an aide-memoire, to be pulled out when we need inspiration. What works for one person may not work for another, after all, we all have different interests and things which entice us. Personally I find the things that drain me are over-spending, being indecisive, creating a mess without tidying up after myself, and spending too much time in front of the TV. In each case, I find that tackling the issue re-energises me, lifts a weight off my shoulders, and frees me up for more pleasant ways of spending my time. Among the activities that energise me are dancing to my favourite music, reading an inspirational book, spending time in the company of good friends, and creating novel recipes in my kitchen.

I am not suggesting that you never have down time. You may choose less stimulating activities in the evening, for example after an active and busy day. You may wish to slow yourself up in both body and mind, perhaps choosing simply to watch a good film, read a romantic novel, or have a luxurious soak in a warm, oil-scented bath. With any luck, however, you will retain a pleasant after-glow and be able to reflect back happily on the activities of the day. You will feel pleasantly tired, rather than lethargic and lacklustre, and as though you have really managed to inject some zest into your life!

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