



Feeling drained?

Learn how to recharge your batteries in 2021

How often have you heard or said expressions similar to “that was emotionally draining”, “I’m exhausted, just totally drained” or “I feel I’m running on empty”? We all realise that our energy resources are not infinite and we are aware when our energy levels are getting dangerously low, even heading to rock bottom, but often it’s hard to know what to do to reverse the trend and to build our reserves back up.

There is nothing like a long relaxing holiday in a sunny climate to recharge us, but sadly at the moment that will only be a distant dream. It is therefore important to learn other ways to recharge our energy stores on a regular basis and, equally as important, how to lessen the activities that drain us.

One way is to think of your energy reservoir as similar to that of the battery on your phone.

Some things seem to drain the battery unbelievably fast. Sometimes you have to turn off a few apps to maintain enough energy to see you through to the end of the day; and always at some point you have to recharge your phone.

We all know how catastrophic it feels to realise that you are on your last 10% of phone battery – what if there is an emergency? Well, it is exactly the same with our own energy reserves. If we have been working hard and not doing anything to help renew our energy and we suddenly hit a crisis, we will be unable to cope with the new challenge.

Do you sometimes feel so tired you ask yourself: “How long can I keep going?” As with your phone battery, you need to learn what drains you, what you can do to put yourself on battery-saving mode and, most importantly of all, what renews and refreshes you.

Having energy is so important for all aspects of our lives. It helps keep us both physically and mentally well. When we lack energy – when our batteries are on the red warning light – we are more prone to get sick as our immune system is undermined. Low energy levels affect our mood, our work and our personal life – making us sluggish and lacking in interest. Boosting our energy helps our resilience and is vital for our happiness.

What can you do to help your energy level?

There are things we all know that are good for us and help us to replenish our energy.

Eating a well-balanced diet with plenty of fresh fruit and vegetables is vital to improving your energy.

Getting enough sleep is another must if you want vitality. People need varying amounts of sleep, but it is important to encourage good sleeping habits, for example allowing yourself to relax and calm down before sleeping. The blue light emitted from phones, tablets and computer screens affect your circadian rhythm and makes it harder to fall asleep, so it’s advisable to stop all electronic devices 30 minutes before you go to sleep.

Exercising is so important to living a well-balanced, energetic and healthy life. Physical activity improves your muscle strength, boosts your self-esteem and improves your cardio vascular system, all of which increases your energy.

These are general tips to help everyone

Self care battery meter

Make a chart with three columns: renews, saves, depletes. When you write in these lists, it is important to include physical, mental and emotional activities.



Renews column

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Think of all the things that in a normal day uplift you and give you energy. It could be going for a walk, exercise, reading a book, looking at nature, gardening.

Remember, this is your list and you must write the things that renew you, there is no right or wrong things to add to these lists and no one has exactly the same lists.

I am sure you agree that there are some special people in your life who support you and boost your confidence. The people who are always there for you and who you love to be with. Put them in this column of things that renew and restore you.



Saves column

A few questions to ask yourself about what renews your energy:

Do you like being with people or being on your own?

Do you like being with people who laugh and have fun?

Do you like having intellectual conversations that stimulate and inspire you?

Do you get your energy from quietly being with someone who shares your interests?

Do you get energy from being introverted or extroverted?

Do you get energy from exercise or by being still?

Do you need more or less sleep than you are getting now?

Are you eating at the right time for your body?

Are you eating the food that gives you stable energy throughout the day?

Do you get energy from being outdoors or inside?

Do you get energy from being passive or active?



Depletes column

Saves column

Now think of the things that neither renew or deplete you – the activities that stop the energy draining from you. This is similar to putting your phone on battery-saving mode. Maybe it's making yourself a cup of coffee, getting up and walking around or looking out at nature? Have a think. As I said before, this is very personal to you.

Depletes column

Think of the activities, the people and the thought processes that leave you exhausted. Think of the chores and actions that cause you mental, physical or emotional exhaustion and put them in this column. How many of them are essential and important, and how many are just habit?



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improve their energy levels that we all know well; but because everyone is unique, our batteries are renewed and depleted in different ways. The important thing is to know what works for you.

Hopefully the exercise on the previous page will help you work out how to replenish and prolong your personal battery. Sometimes there are activities we do out of habit, they were important once but now they are irrelevant. Stop doing them and see what happens to your energy levels. There will always be tasks that are necessary, even vital, but drain us. Once you have done them, try to reward yourself with something from the renew list to help energise and reward yourself.

Think of the people in your life that somehow always seem to undermine you, the friends, family members or work colleagues who seem to suck the energy and confidence from you. As you think through your network of work colleagues, friends and family, you might even find there are some who actively seem to not want you to succeed. This saps your energy. Take a long hard look at these people. Do you want or need to keep them in your life? If they have to remain in your life, is there a way you can reduce your interaction with them? Put them in the deplete column.

Control, adjust, delete

Control. Can you control the number of things that deplete your batteries and add battery-saving activities in your daily routine?

Adjust. What are the adjustments you can make to increase your energy reserves? Try actively pursuing an action that renews you after doing something that depletes you?

Delete. Can you delete from your address book and daily routine at least some of the people and activities that sap your energy?

The importance of this exercise is to see in a visual format what energises or depletes you and what keeps you in battery-save mode. It is so easy to get into a habit of doing things without realising how they affect our energy levels.

Enjoy finding new and exciting ways to boost your energy in the coming months.



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