Choose Nourishing vs. Depleting!

In our demanding lives, we can easily get caught in simply getting the tasks done and losing all enjoyment. We can get sucked into an **Exhaustion Funnel**, a term coined by Marie Asberg, Karolinska Institute, Stockholm.

*Our colleagues can help us transform depleting activities into more nourishing ones.*

- What activities do your colleagues find depleting that you do not?
- Which do they seem to do without feeling exhaustion?
- What are different ways your colleagues approach an activity that is typically depleting for you but not for them?