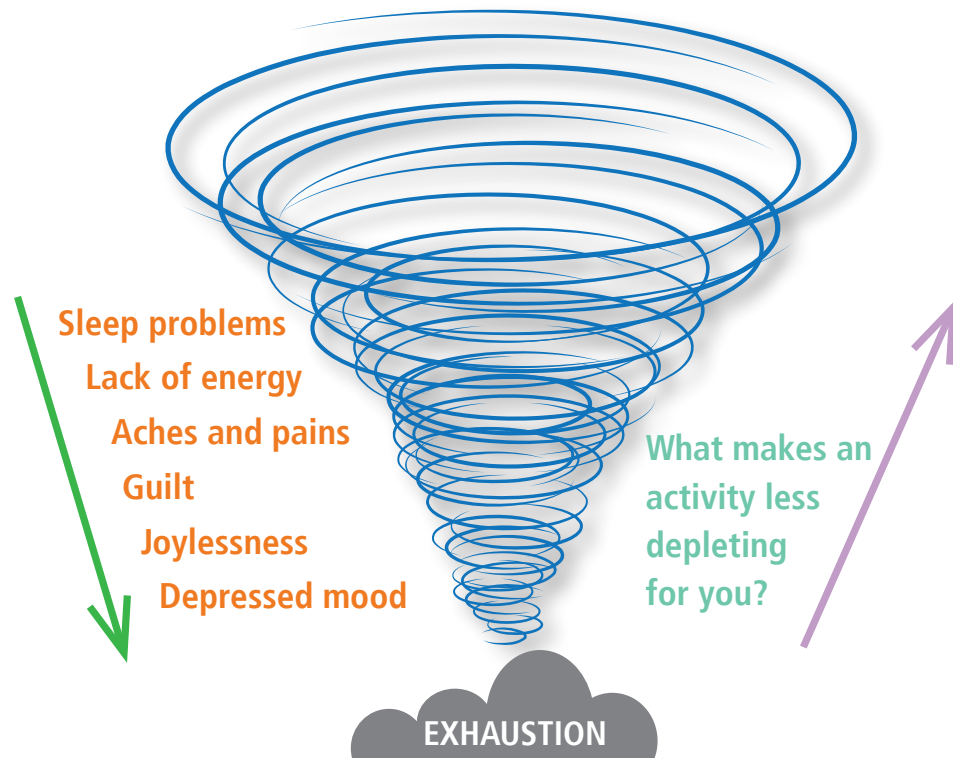


Choose Nourishing vs. Depleting!

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?