

TIP OF THE MONTH

Refueling Your Inner Energy Tank

Anna DeLong, MSW, LCSW, CEAP



Faculty & Employee
**ASSISTANCE
PROGRAM**

Your Inner Energy Tank

In our culture, it is generally accepted mechanical wisdom, that if you want to drive across the country in your car, there is no way to do this successfully without pausing to pull over and refuel. Monitoring the fuel gauge and refueling accordingly is essential. Neglect refueling and you end up stuck on the side of the road.

Can you imagine how your life might be different if you applied this same wisdom to your body? Imagine having an [Inner Energy Gauge](#) that monitors not just your physical energy level, but also your emotional energy and your cognitive energy.

How might your life be different if you vowed to never get too low before refueling?

If you were to check your own inner energy gauge right now, what would you discover?

Are you running low?

Do you know what is the most effective way for you to refuel?

Do you know your early warning signs?

Regaining Perspective

Unfortunately, it is common in our culture to ignore our own energy needs and click into high

gear intending to just ‘push through’ to bring a mission to fruition. We often walk around with an unconscious assumption that we will somehow automatically just get what we need for ourselves even as we attend to everyone else. This is a problematic and errant assumption. It would be like expecting the fuel tank in your car to magically fill up on its own. It is so important to intentionally plan ways to recharge and nourish yourself.

Low Energy Warning Signs

One of the most debilitating symptoms of depleted energy is loss of perspective. Other signs of a depleted energy tank include:

- Diminished frustration tolerance
- Lack of empathy
- Foggy thinking
- Poor memory
- Difficulty problem solving

If you find yourself in this brain state it may help to remind yourself this is most likely a sign you are low on energy. An optimal response is one that assesses your inner energy gauge and potential refueling needs with self-compassion and resolve to find ways to refuel.

Refueling Your Tank

If the goal is to live and work in a healthy and sustainable way, learning to not only recognize signs you are running low on energy but also to respond in ways that effectively nourish and restore your energy is essential.

Rather than just assume or hope you will get what you need, it is [Wise to Strategize](#). Looking over your calendar to schedule and protect time for refueling at strategic intervals depending upon the pace and amount of energy you are expending will benefit you as well as those for whom you care.

Another great place to start in restoring yourself is to set yourself up for the [best night’s sleep possible](#).

Taking care of yourself allows you to take care of others and work at peak performance. So take the time to refuel your inner energy tank!

If the steps above are not effective, or you would like to learn more about tending to your own needs, reach out to FEAP for support.

FEAP is here to assist you. [Explore resources on our website](#) or contact us at 434.243.2643.

UVA FACULTY EMPLOYEE ASSISTANCE PROGRAM

1300 Jefferson Park Avenue, Charlottesville, VA 22908

434.243.2643

uvafeap.com

