



VEIL *of* CHANGE

Find Your Energy Drain And Plug It

DISSOLVING THE VEIL OF OVERWHELM

How To Plug Your Energy Drain Permanently

Do you find that just about everything in life becomes difficult when your energy levels are low?

Are your repetitive thoughts of

fear

guilt

worry

indecision

self doubt

draining your energy away?

Without energy, your day is going to be pretty average

Certain physical products can drain your energy such as sugar and caffeine along with dehydration and sleepless nights. These can certainly be addressed but there is more than just your product intake that can cause an energy drain.

Once you have checked that you have enough sleep, enough exercise, your are eating a healthy nutritious food, then maybe you need to look a bit closer at yourself and your thinking.

Maybe you could also look closer at the people your life; your work colleagues, your friends and your relationships.

People come in all shapes, sizes and personalities. Negative people can suck the energy from you – if you allow them too. Your own negative views and opinions can also drain your energy.

How can you find your own energy drain and stop the leak?

Other people draining your energy, is often unintentional, but it can leave you feeling exhausted. Dealing with someone who has a victim mentality or is always blaming others for the circumstances they find themselves in, can leave you feeling low.

People who are constantly talking about their 'dramas' in life can drain your energy.

They will leave you feeling better themselves – but that can be because they have drained you and buoyed themselves up with your energy.

You cannot change others, so if you find yourself with a person that is literally sucking the energy out of you, take the time to allow them some time but also allow yourself time. Tell them that you need to go in 10 minutes, then go.

If it is a person that is unavoidable like a family member or a work colleague, then you will need to work out some strategies to limit the amount of time that you do spend with them.

Often these people are the way they are because they need attention

They are unwittingly driving the very same people away that they need. Empathy and compassion will go a long way to wards their recovery, however it is also important to give yourself the time to recoup your own energy.

So take a deep breath

And draw the line to suit you so your time and your emotions are not compromised.

Most of our energy is emotional –

Fun, passion, enthusiasm,
We are not just a body but also an emotional energy being

When our emotional energy is drained then we
have no energy left to complete the simple tasks in life

By identifying what makes you emotionally drained you can then create the space and activities to recharge your batteries.

Observe on a consistent basis how much of your attention goes to thinking of your past or worrying about your future.

Increase your focus on what you are doing

Increase your focus on the present moment to embrace the life force within you and increase your attitude of gratitude to help you enjoy life more.

Learn To Say No

Learn to say no, to those activities or avoid people that you know will drain your energy. Without your own energy you are unable to give to yourself or to others.

So by taking the steps to protect yourself, by plugging the leaks and refueling, you will increase your energy, increase your self esteem and increase your ability to enjoy life.

Remember some of the moments in your past when you have felt strong and capable, when you felt the feelings of power, exuberance and wellbeing.

Remember how in control you felt?

That is the experience of being energized

In order to achieve those feelings again introduce back into your life those activities that inspire you.

Then take the time to rediscover what makes you laugh, treat yourself to something special that you love, relax and rediscover your peace of mind.

By plugging the leaks in your energy field you are claiming back your power and recharging your batteries to enjoy your life in the present time.

You can only live, love and enjoy the present moment, moment by moment.

Plug Your Energy Drains Now

- ✓ Take the time to write down the energy drains that you have identified, plug them by saying 'No'.
- ✓ Give yourself the time to re-energise yourself by doing the things that you like and love, find something that makes you laugh.
- ✓ Doing this will balance out your energy giving you the strength to continue your journey in a fulfilling and enjoyable way.

