

Using the Spoon Theory to Manage Your Energy

If you wake up without all the energy you need to get through your day, you can use the Spoon Theory. The Spoon Theory helps you plan your activities to avoid “crashes” that could last for hours or days.



You will first need to keep track of how many “spoonfuls of energy” you need for each of your main activities. For example, one person may feel it takes 4 spoons to go to the doctor, whereas another person may feel it takes 6 spoons.

One person may feel like it takes $\frac{1}{2}$ a spoon to get out of bed. Another person may feel it takes 2 spoons to get out of bed.

There are no right or wrong answers.

Use the Energy Log for 1-2 weeks to track how many spoons you use for each task. This will allow you to estimate how many spoons of energy you need for your common activities.

Also, keep track of anything that restores some energy. For instance, napping, praying, meditating, sitting outside, etc...

How to use the Spoon Theory:

- Each morning, estimate how much energy you've woken up with. You could estimate your total energy, or you could break it down into mental energy, physical energy, and emotional energy.
- Plan your day.
 - a. Write down or check off the activities you want to accomplish that day.
 - b. Plan activities that take more energy for when you feel most rested.
 - c. Make sure you pace yourself. Take breaks and sit or lie down. Engage in restful activities, such as napping, meditating, praying, coloring, playing a game, sitting outside, etc...
- Do the math. Did you wake up with enough energy to do everything you plan?

If you don't have enough energy to do everything, try to:

- Modify an activity so that it takes less energy.
- Postpone an activity to another day.
- Break an activity into pieces and only do the first part today.
- Delegate one or more activities to someone else (friend, family, delivery, or other paid help).
- Prioritize. Only try to do what is within your energy budget for the day. You may have to make some hard decisions or risk a possible "crash".

Example: Let's say you woke up with 10 spoonfuls of energy for the day, but you have to go to the doctor (4 spoons), stop at the grocery store (4 spoons), and make dinner (3 spoons). Getting ready to leave will take 3 spoons.

- You start with 10 spoons. You plan to use 14 spoons, which is more than you're starting with.
- Tips:
 - a. Instead of shopping at the grocery store, place an order for pick-up or delivery.
 - b. Save making dinner for an upcoming day. Instead, have a ready-made meal included in the grocery delivery or warm up leftovers.
 - c. When you do cook, make extra. Freeze some in single-serve dishes for future meals.

Energy log: For each day, write in how many spoons of energy you think it took for each activity. Keep track for 1-2 weeks. Then you can use this information to help you plan your days. You can enter more than one number per box.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Get out of bed							
Go to bathroom							
Wash/bathe							
Get dressed							
Prepare a meal							
Eat							
Read the mail, email, or news							
Make appointments							
Clean							
Go to doctor's							
Errands							

Plan Your Day

Date:	Number of spoonfuls of energy I woke up with today:	
	Write your planned activities below	Write in how many spoons each activity will take
These are the things I must do today:		
These are the things I'd like to do:		
<p>Do you have enough spoons? If you don't, here are some ideas:</p> <ul style="list-style-type: none"> • Modify an activity so it takes less energy. • Postpone the activity to another day. • Break the activity into pieces and only do the first part today. • Delegate the activity. • Engage in restful activities more frequently during the day. Examples: nap, meditate, pray, color, game app, sit outside, etc... 		

Key References

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