



Differently Wired Club

BOLSTERING OUR RESOURCES

Theme Overview:

This month we're focusing on strengthening emotional and mental resources to handle challenges effectively and support ourselves in navigating the upcoming year smoothly.

Four Key Areas to Focus On:

1: Assessing Our Current State:

- Identify the state of your energy and emotions.
- Reflect on your most consistent emotional and energetic state.
- Pay attention to any feelings of heaviness, anxiety, or lightness.

2: Recognizing Signs of Depletion:

- Acknowledge what depletion looks like in your body and life.
- Practice body scans to check for tension and energy drains.
- Understand common signs: quick emotional reactions, low energy, inability to concentrate, and avoiding self-care.

3: Identifying Energy Drains:

- Make a list of specific things or situations that drain your energy.
- Recognize unavoidable stressors and plan how to mitigate their effects.
- Set boundaries where possible and reward yourself for handling difficult situations.

4: Six Strategies for Proactively Bolstering Your Resources:

1. Rest — Prioritize rest, guilt-free, whether through sleep, power naps, or moments of stillness.



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2. Connection— Seek out relationships and community that energize and fulfill you.
3. Joy — Lean into joyful moments without guilt, even during challenging times.
4. Mindfulness — Practice mindful activities in daily routines to stay grounded and present.
5. Self-Care — Incorporate small, intentional acts of self-care to nourish mind, body, and spirit.
6. Lower the Bar — Release self-criticism and focus on what truly matters, like connection and well-being.

IN SUMMARY

This month:

- Step 1: Assess your current emotional and energetic state.
- Step 2: Identify signs of depletion in your body and daily life.
- Step 3: Pinpoint specific activities or interactions that drain your energy.
- Step 4: Implement strategies for rest, joy, connection, and mindfulness to proactively build your reserves.

This month is about being kind to yourself, understanding your emotional needs, and taking practical steps to bolster your resources so you can show up as your best self for both you and your family.



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Questions for Exploration:

How do I typically feel when I'm emotionally or energetically depleted, and can I recognize those signs in my body?

What specific activities or situations in my daily life (parenting or otherwise) tend to drain my energy the most?

When was the last time I truly rested, and how do I usually respond to my body's signals that I need rest?



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How do I practice self-compassion when I'm feeling overwhelmed or stressed, and what could I do to improve that?

What are some ways I could incorporate mindfulness into my daily routine, and how might that help me stay more present?

In what ways do I actively seek out joy, and how can I allow myself to experience more of it without guilt?



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Who are the people or communities that fill me up emotionally, and how often do I prioritize connecting with them?

What strategies can I use to protect my energy when facing situations that regularly deplete me?

How can I lower the bar for myself this month to reduce pressure and focus more on what truly matters?