

# Self Care Inventory Drainers and Fillers

This exercise will help you to see what fills you up and what drains you. It will help you to find ways to stay filled up. In the helping industry, it is easy to become drained. We give a lot of ourselves, so reflecting on our own self-care is not only helpful, it is necessary.

These draining aspects of your life, those places, activities, people and conditions diminish your energy. Take a moment to think about your day and fill in the spaces below.

Persons/Activities/Conditions Places that..	Where You Live	Where You Work	Where You Play
Annoy You			
Anger You			
Distract You			
Depress You			
Worry You			
Wear You Out			
Bore You			

Questions to consider:

Which drainers are things out of your control?

What are the things you may be able to do something about?

Who could help?

## Personal Fillers

These are the energizing aspects of your life. The people, places, activities, conditions that renew your energy and well-being. Take a moment to think about how you usually spend your day or to remember situations. List your personal fillers below.

People/Activities/ Conditions/Places that	Where You Live	Where You Work	Where You Play
Calm You			
Free You			
Bring You Joy/ Give You Meaning			
Support/Encourage/ Stroke/Nurture You			
Stimulate/Excite/ Challenge You			
Trigger Your Laughter			
Energize You			

Questions to consider:

When did you last participate in each filler activity?

What can you do today? This week?

Who could help?