

The Spoon Theory

What is it?

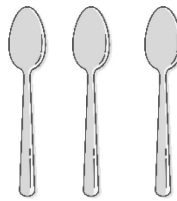
The Spoon Theory was developed by Christine Miserandino as a way to measure how much energy different tasks take. A high energy day might use up 10-15 spoons. But if you are struggling with illness, low on energy, or struggling with mental health you might only have 4 spoons. This helps you communicate to others and allows you to practice self-compassion when you can't seem to get things done. Keep in mind that using more spoons than you have on a particular day means that you are using spoons you need for tomorrow. Continuing this pattern will lead to burn out.



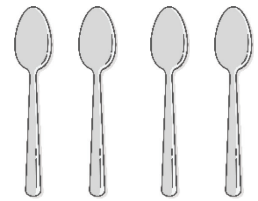
Get Out Of Bed
Get Dressed
Take Medicine



Shower / Bathe
Hair
Makeup
Read / Study
Social Media
Journal
Scheduling
Email
Meal Plan

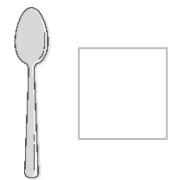
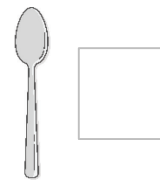
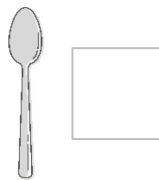
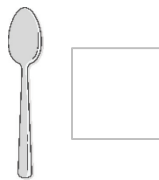
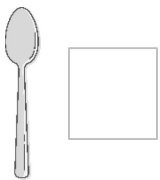
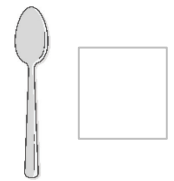
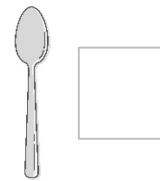
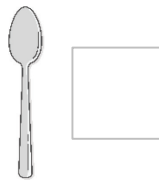
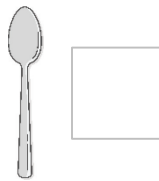
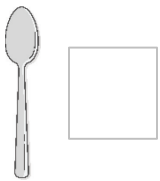


Cooking / Eat
Light Housework
Socialize
Carpool



Go To Work / School
Shopping
Doctor / Therapy
Exercise
Volunteer
Deep Cleaning
Laundry
Organize An Area
Yardwork

A 12 Spoon Day



HAPPILY FED

The Spoon Theory

Prevent Burnout:

- Prioritize tasks
- Limit screen time
- Take breaks
- Don't overcommit
- Fight guilt
- Know your strengths and weaknesses
- Make room for personal time
- Manage your mind
- Communicate
- Rest

