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Peer Group Chat Summary

Date: 07.12.2023

Topic: Emotional & Mental Exhaustion

Description: Feeling tired or exhausted can come in many forms apart from physical, such as emotional and mental exhaustion. In this chat we will share our own experiences of emotional and mental exhaustion and explore ways that might help us cope with this.

Summary of discussion:

- What mental and emotional exhaustion might look like and how it might impact us
 - Feeling lethargic, lacking motivation, having low moods and increased anxiety, craving junk foods or sugary foods, makes everyday activities, makes us more vulnerable to feeling emotionally overwhelmed, withdrawal from normal activities and isolating from others, feeling guilty, not getting enough sleep, lack of confidence.
 - It might come from overworking ourselves, a lack of time to ourselves or acts of self-care, triggers and stress, constant hard times, compassion fatigue, vicarious trauma, getting less sleep.
- Ways to manage, lessen and possibly prevent the impacts of mental and emotional exhaustion
 - Diversional therapy, painting, reading, crying, self-care, having a 'pity party' and then getting up the next day feeling better, giving ourselves the time that we need, somatic experiences like running, not being so hard on ourselves, take part of the day off to rest (like the afternoon), lowering our expectations of ourselves, writing a list.
 - Bulk making food or having a 'go to' meal that we can make that is easy for the days that we are struggling, forcing ourselves to do little things like having a shower/bath or meditating, having a PJ Day, going to bed early, intentional resting.
 - Having supports such as: loved ones, family and friends, pets, mental health professionals, the SANE Forums.
- Recovering from experiences of mental and emotional exhaustion

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- Resting as much as we can, which may look different to everyone, such as; watching a TV show or movie, getting good quality sleep, taking time off work, spending time with family or friends, taking a road trip, visiting nature, taking a bath or shower, taking a walk with a podcast or music playing, gardening, relaxing on the couch, going on our phones, painting, having a cup of tea or coffee.
- Things that could prevent us from reaching emotional and mental exhaustion include meditation, self-care, setting good boundaries, working from home, daily life balances, recognising sooner when we need some time out, focussing on one thing at a time, giving ourselves some TLC.

Discussion questions

Q1. What might emotional and mental exhaustion look like for you?

Q2. What might an experience of emotional and mental exhaustion be associated with for you? For example: is it a build-up of something, does it differ, are there certain similarities that cause this?

Q3. What might help relieve these experiences of emotional and mental exhaustion?

Q4. How can you manage the impacts of emotional and mental exhaustion?

Q5. What supports might be able to help you when you are experiencing emotional and mental exhaustion?

Q6. Rest is an activity aimed at increasing physical and mental wellbeing. What does rest look like for you?

Q7. Is there a way that mental and emotional exhaustion could be lessened/prevented in any way for you? What is it?

Resources

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These are the resources that were shared during the session:

1. How to Refuel when you're feeling emotionally drained:
<https://hbr.org/2020/04/how-to-refuel-when-youre-feeling-emotionally-drained>
2. How to fix the exhausted brain:
<https://www.youtube.com/watch?v=XOU2ubWkoPw&t=1s>
3. How to deal with mental and emotional exhaustion:
<https://www.bannerhealth.com/healthcareblog/teach-me/how-to-cope-with-mental-and-emotional-exhaustion>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Emotional-amp-Mental-Exhaustion-Thursday-7th/m-p/1368028#M356383>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.