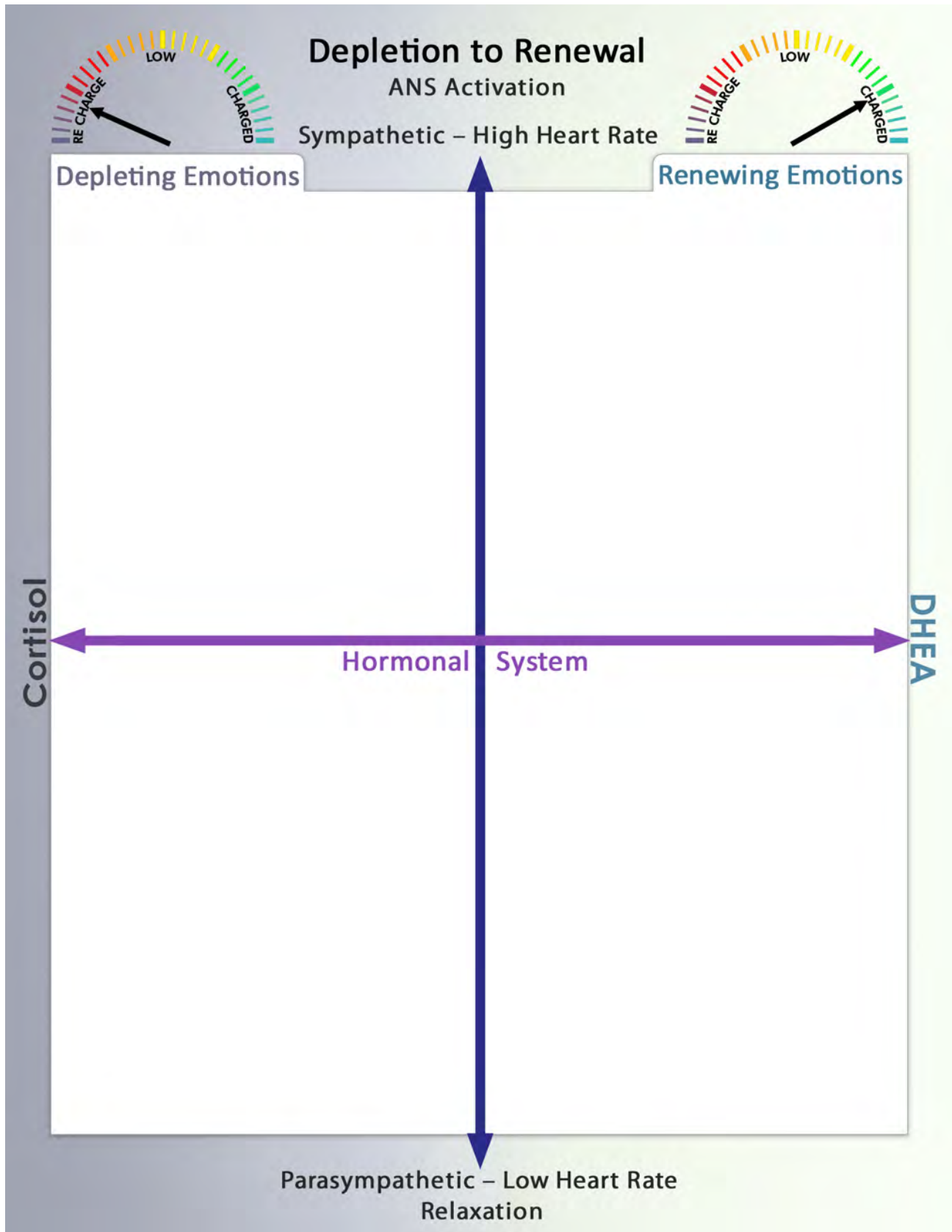


Depletion to Renewal™ Grid Worksheet



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Depleting and Renewing Emotions

We experience a wide range of emotions every day. Some emotions deplete us and others renew us. Whereas some emotions are easy to identify, others run in the background, playing on our inner sound track. Regardless if we are aware of our emotions, they affect our physiology. Depleting emotions and attitudes reduce our resilience capacity and our ability to think and communicate clearly. Renewing emotions and attitudes, on the other hand, recharge our inner batteries and rejuvenate us, which carries over into each domain.

Building and sustaining resilience is based on our ability to more intelligently manage our energy expenditures and to recharge more quickly. In order to do this, we have to become more aware of our unnecessary energy expenditures.

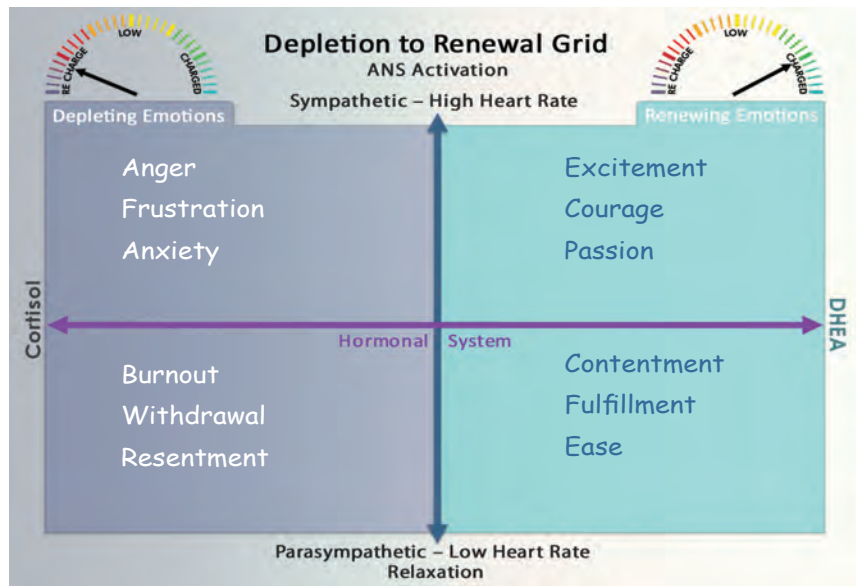
Over 1,400 biochemical changes are set in motion by our changing emotions. Among these biochemical changes is the release of hormones. Two of the hormones produced are cortisol, the “stress hormone,” and DHEA, the “vitality hormone.” Once produced, some hormones stay in the body for hours and have a long-lasting effect. Depleting emotions increase cortisol production and renewing emotions increase DHEA.

Notes: _____



Depletion to Renewal™ Grid

The Depletion to Renewal Grid is a research-based tool that visually illustrates the relationship between typical emotional responses, their intensity and how those responses affect systems in the body that regulate internal function.



Notes: _____
