

A1. Reservoir Metaphor

We all have “emotional reservoirs” of different types. Some supply energy, others supply health or well-being. When the reservoirs are full, we can maintain our energy or well-being, even in times of stress. If there is a drought, such as a bad day or week, or other forms of stress, we can maintain a healthy state because there is a supply in our reservoirs.

We know that sometimes being a caregiver can be difficult and challenging, and this can drain our reservoirs. If the reservoirs are dry, we can become vulnerable to stresses: there may be some energy or happiness, but only if daily events are going well. The combination of a dry reservoir and a bad day could be problematic and might lead to difficulties, such as an emotional crash, a lost temper, frustration, and so forth.

These workshops aim to teach you different ways of maintaining or replenishing your reservoirs so that you can maintain well-being and do more of what’s important in life.