

# ABOUT THE Spoon Theory

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## What's the Spoon Theory?

The **Spoon Theory** is a way to explain limited energy in a simple and visual way.

Imagine you start each day with a certain number of “spoons.” Each spoon represents a bit of your energy. Every task—big or small—costs a spoon.

When energy is limited, everyday activities can require more effort, meaning it may take more “spoons” to get through the day.

- ✓ Getting out of bed.
- ✓ Holding a conversation.
- ✓ Reading or watching TV.
- ✓ Running errands



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*Spoon Costs May Surprise  
you!*

Some tasks use more spoons than others—and mental tasks can be just as draining as physical ones.

Task	Spoon Cost
Getting Dressed	1 Spoon
Making a Meal	2 Spoons
Grocery Shopping	4 Spoons
Having a Long Conversation	3 Spoons
Driving to Work	2 Spoons

Once you **run out of spoons**, you may feel mentally foggy, emotional, tired, or overwhelmed.

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## *Replenishing Spoons*

Good news! There are ways to replenish your spoons throughout the day.

### **Replenishing Spoon Ideas**

Go outside for fresh air or gentle movement

Take a nap or rest with eyes closed (<30 min)

Listen to calming music

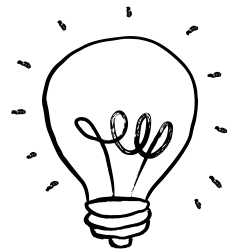
Do a favorite low-effort activity

Ask for help and reduce multitasking

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## Managing your Spoons



- ✓ **Plan ahead:** If you know something will take a lot of energy, rest before and after.
- ✓ **Prioritize:** Ask yourself, “What’s most important today?”
- ✓ **Say no** when needed. Protect your spoons!
- ✓ **Use tools and strategies:** They help your brain work smarter, not harder.
- ✓ **Track your patterns:** Notice which activities use the most spoons and plan accordingly.

## Remember:

Some brains need extra energy for everyday tasks, especially during periods of healing, adaptation, or high demand.

The Spoon Theory is a way to respect your limits, plan your day, and be kinder to yourself.