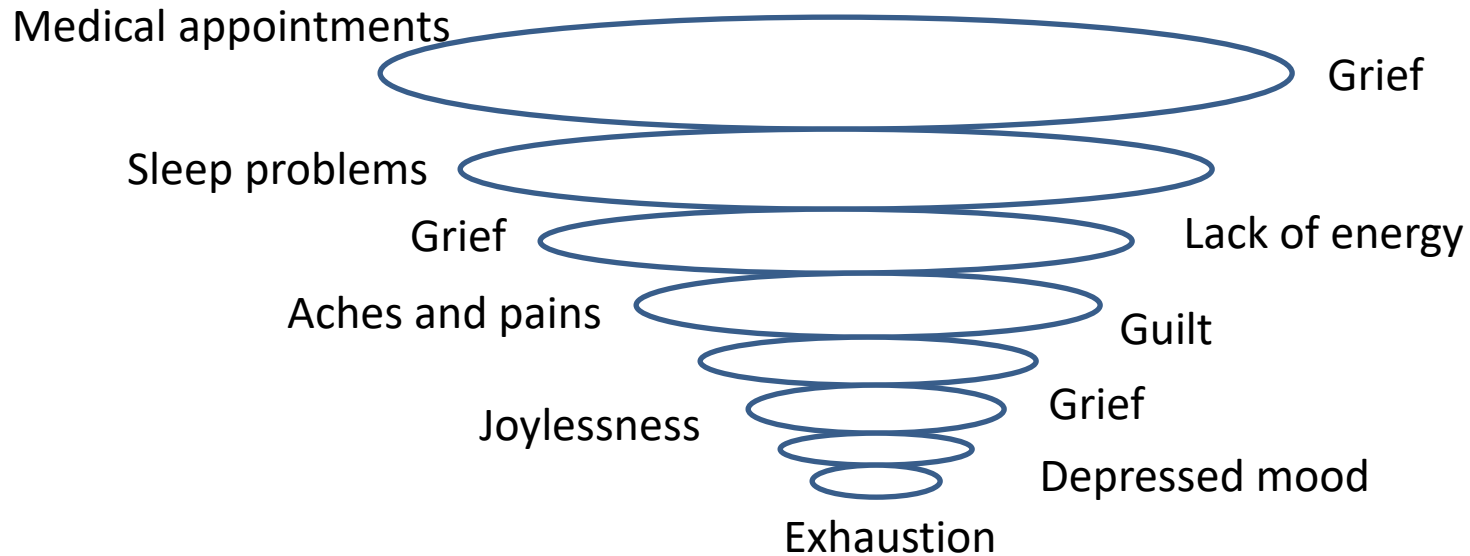


# The Exhaustion Funnel



The narrowing area of the circles illustrates the narrowing of our lives as we give up the things that we enjoy but that seem “optional” ....as we juggle medical appointments, get news of illness progressing/worsening for ourselves or a loved one, etc.

The result is that we stop doing activities that would nourish us, leaving only work or other stressors that often deplete our resources.

Professor Marie Asberg suggests that those of us who continue downward are likely to be those who are the most conscientious workers (or care givers).

Modified by D. Spear 2021