Recovering from emotional exhaustion is possible with a variety of recommendations that focus on improving your understanding of your difficulties, developing better coping abilities, exploring effective ways of engaging with others, employing stress management techniques, and modifying how you perceive your situation to help you achieve positive change.

Here are 17 tips to help you recover from feeling emotionally drained:

**1. Build Awareness Around Your Emotional Exhaustion**

If your emotional energy is low, the first step towards change is building awareness of your symptoms before seeking help. In doing so, you will be more able to share your insights in therapy and feel more ready to make proactive change.

**2. Reach Out to Your Social Network for Support**

Your family and friends are your support system – draw on them when you need to for a fun distraction, a deep discussion, or to just spend quality time together. Give them a call, send them a message, or set up a date/time for you to connect.

**3. Get Enough Sleep & Rest**

If you find yourself so drained that you have difficulty functioning in all areas of life, this may be a sign that you need to build in more rest and relaxation. Try to get a minimum of 8 hours of sleep per night if you can. Take your permitted breaks at work. Try to end work at a designated time so you can decompress in your free time.

**4. Get Sufficient Exercise & Nutrition**

When you’re feeling emotionally drained, it is important to ensure you are keeping active and eating well to keep exhaustion at bay and maintain what little energy you do have.

**5. Use Relaxation Techniques**

Practice deep breathing, progressive muscle relaxation, meditation, journaling, and any other relaxation methods that help you feel calmer, especially if you notice your emotions are heightened due to stress and fatigue.

**6. Focus on the Present**

In connection with relaxation strategies, staying in the moment as much as possible will help you feel less overwhelmed by future anticipated stressors. In addition, by perceiving yourself as being less stressed, you may actually start to feel less stressed, thereby improving your mental well-being. Consider the perspective that your stress will pass with time and will not be a constant fixture in your life forever.

**7. Practice Gratitude**

You can shift your perspective from one of despair to one of hope when you consider the things that are going well in your life from a health, social, financial, family, and spiritual perspective, and any other key areas in your life.

**8. Focus on What You Can Control**

When there are things outside of our control, we can feel powerless. By attending instead to what you can control, this may help remind you of what you can manage within your own resources, including your time and energy. This might help you feel a bit better about your situation.

**9. Adopt a Neutral Perspective**

Sometimes, we inflate the severity of a problem when we feel overwhelmed. By considering the problem from a more neutral standpoint, this may help you feel less stressed and more capable of addressing the issue effectively.

**10. Remember Your Strengths**

We tend to forget what we are capable of when we are suffering from sheer exhaustion. Take a moment to think about your skills, abilities, positive qualities, and strengths. You might be surprised by your ability to overcome obstacles.

**11. Use Positive Self-Talk**

In line with focusing on your strengths, think about how you have been able to cope up to this point, what has kept you going, and how you will be able to manage moving forward. This may help you redirect your attention toward overcoming your obstacles rather than feeling overcome by them.

**12. Limit Substance Use**

People may turn to substances to help them cope with how they feel, however, this will actually make them feel worse and less able to handle their issues. Limit substance use as much as possible to remain clear-minded and focused on addressing your concerns.

**13. Delegate Tasks Where Possible & Ask for Help**

Determine what responsibilities you can ask someone else to take care of to reduce your level of stress. Check in with the other person to see what they are comfortable taking on to help you. By getting the help you need, you may feel less drained.

**14. Implement Assertiveness & Conflict Resolution Skills**

Learn to set limits and boundaries with others who may be contributing towards you feeling drained. Learn to say “no” to whatever makes you uncomfortable or doesn’t feel right to you. Use effective conflict resolution by objectively focusing on the issue, avoiding criticism and defensiveness, taking responsibility where appropriate, and working collaboratively and openly towards solving the problem.

**15. Build in More Time for Hobbies & Leisure Activities**

It is important to prioritize activities that renew and rejuvenate you, as this will help reduce your feelings of being emotionally and physically drained and enable you to handle stressors more easily.

**16. Talk to Your Doctor About Your Concerns**

It’s important to let your doctor know about what you’re experiencing, especially if you may need to request time off from work to recover, as your doctor will need to fill out a medical form in support of your request.

**Final Thoughts**

While it may feel impossible to recover from being emotionally drained, it is important to recognize that you have the tools and skills available to you to help you get back control over your life as you navigate the world around you. If you need reminders from time to time, feel free to glance at the list of coping tips in this article for a quick refresher.