



The Spoon Theory

EXPLAINED



What is the Spoon Theory?

The Spoon Theory is a way to help explain how living with a chronic illness, mental health condition, or neurodivergence can affect the energy you have each day.

Imagine you start each day with a certain number of spoons. Each spoon represents a unit of energy.

Every activity you do uses up spoons. Once you run out, that's it—there are no more until tomorrow.



Examples of Spoon Costs

	Getting out of bed – 1 spoon
	Showering – 2 spoons
	Dressing – 1 spoon
	Making a meal – 2 spoons
	Work or school – 3 spoons
	Socializing – 2 spoons
	Running errands – 2 spoons
	Housework – 2-3 spoons
	Caring for others – 1-2 spoons
	Managing symptoms – varies

Spoons Can Change

Some days you may have more spoons.
Some days you may have fewer.

Illness, stress, pain, poor sleep, or emotional challenges can all reduce your spoon count.

*This is not a choice—
it's your reality.*



It's Not About Being Lazy

The Spoon Theory isn't about doing less because you don't want to.

It's about doing what you can with the energy you have.

Managing your spoons helps you pace yourself, protect your well-being, and avoid burnout.



How to Use the Spoon Theory

- ♥ **Know Your Spoons** – Pay attention to how activities affect your energy.
- ♥ **Plan Ahead** – Decide what's most important and prioritize.
- ♥ **Set Boundaries** – It's okay to say no or ask for help.
- ♥ **Rest Without Guilt** – Resting now can help you have more spoons later.
- ♥ **Be Kind to Yourself** – You're doing the best you can with what you have.

Remember...

You don't have to earn rest.
Your worth is not measured by your productivity.



Your spoons matter. Your energy matters. You matter. ♥