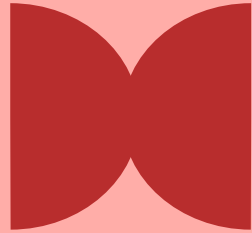


Conserving Yourself: an Introduction to Spoon Theory



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Laying the Groundwork

- No one can be everywhere at the same time
- We all have mixed priorities
 - This becomes more apparent at conferences
- Some activities or events are more taxing than others
 - Introvert vs extrovert
 - Research vs meetings
- We wake up every day with some finite budget of energy to spend
 - This varies day to day
 - Arbitrarily assigned

10:00-11:00	Compassionate Leadership for Burnout	Rebecca Pope-Ruark	305-306
10:00-12:00	Thursday Breakout #1		
	New capabilities for studying equatorial aeronomy and space weather	Danny Scipion	319-320
	Waves and Circulation in the Middle and Upper Atmosphere: Connection across Scales	Jiarong Zhang	318
	MESO-MMV-SCIMM-CEDAR: Making discoveries with the Multiscale Atmosphere Geospace Environment (MAGE) Model	Michael Wiltberger, Bea Gallardo-Lacourt, Lutz Rastätter, Cristian Ferradas,	Ballroom A
	MPEC-CEDAR: High-latitude Thermosphere Dynamics and Their Impacts on the Magnetosphere-Ionosphere-Thermosphere System During Geomagnetically Active Periods	Kat Davidson, Qingyu Zhu	Ballroom B
	GIC-GMAG: GMAG Update and GIC General Contribution Session	Xueling Shi, Dogacan Ozturk, Zhonghua Xu, Mark Engebretson, Josh Erin Rigler, Chigomezzyo Ngwira	309-310
	RX: Beyond semantics: when is reconnection "electron-only" in observations and simulations?	Krishna Khanal, M. Hasan Barbhuiya, Chen Shi, Yi Qi, John Dorelli, Katherine Goodrich	307
	RBSoS: The future of radiation belt system science	Harriet George, Adam Michael, Man Hua, Luisa Capannolo	308
12:00 - 13:30	Lunch on own		
12:00 - 13:30	CEDAR Student lunch	Sophie, Aidan	304-306
12:00 - 13:30	CEDAR CSSC lunch		Boardroom 2

Now imagine that “energy budget” as a bundle of spoons in your hand (or sticks, or marbles, whatever)

If this budget is difficult to conceptualize, start with 1 spoon for every hour of the day

So, now you have 24 whole spoons!

Bureau of Labor Daily Averages

- Put down 9 for sleep immediately
- 2-3 meals a day? There goes another 1.5 spoons
- Getting to work and back is 1 spoon
- Chores + Purchases- 2.5 spoons
- Optimal leisure time after a stressful day- 2.5 spoons
- With the recommended exercise (aerobic + strength) that's half a spoon

That is 17 spoons of NON-WORK things to do to be "healthy"



Other things to consider

Do you have family members to take care of?

Do you have an illness, injury, or disability that can change day to day?

What about deadlines, conferences, "crunch time"?

For some in our community

Even with the same 24 hours in the day, some tasks take longer or require more energy.

"The difference in being sick and being healthy is having to consciously think about things when the rest of the world doesn't have to."

Original Concept:

Christine Miserandino, 2003

<https://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

Starting the workday- down to 7

The average adult works 8.5 hours

- Cut (or maybe push to the weekend?) some mix of exercise, sleep, and leisure to get us to 8.5
- Some of these 8.5 are consumed by research meetings, emails, writing papers and proposals (vastly different depending on career stage)
 - Whatever is left over gets put towards new research (or whatever else)



What if you just “push through it”

Get less sleep today (or this week) to get more done now

- Wake up early and stay up late to network and find collaborators
- Attend every session block AND pay attention the whole time
- Shout for 2–3 hours two days in a row in crowded poster sessions
- Skip leisure/exercise to fit in time for that extra talk, or a casual meeting, a group dinner, or catching up with a friend you only see 1–2 times a year

When do you catch up?

- Does your workplace offer time off from your “time off” at conference?
- Do emails and at-home chores cease while you are travelling?
- How long will it take you to feel back on your feet?

How to solve this?

Don't go to things!

Use your spoons
wisely at the next
conference!

Every day your energy level varies, and that's okay

Some tasks will take more energy or time than you planned

Rank tasks and events for the day by urgency and effort

Be willing to make concessions and ask for help

If you have to overspend, let yourself recover