



Wellbeing Insights

You Can't Pour From An Empty Cup

You may well have heard this adage before, but we suggest it is one thing to hear it, another thing to understand it, and yet another thing to truly embrace the message that lies within. Of course, it is hard to dispute the fact that an empty cup cannot pour. Come to think of it, a cup with just dregs in the bottom can really only pour dregs. So really, the goal is to have a well-filled cup!

Your cup doesn't need to be brimming, but it needs substantial quantities from which you can freely pour to support and nourish others. And to be able to freely pour, you need to ensure it is being regularly refilled by your personal actions and/or by the energising behaviours of friends, family, colleagues, or neighbours.

To help us to embrace the title of this blog, could I ask you two questions:

1. How full is your cup right now?
2. What is one thing you could do today to raise the level of your cup?

As you ponder the first question, I wonder what you are thinking constitutes 'your cup.' Are you reflecting on the levels of your vitality and engagement or the strength of your relationships? Possibly, you are thinking about the workload that faces you at work and/or home, or the length or nature of the items on your to-do list. I think when your cup is well-watered, you feel that you are living with a level of ease (rather than dis-ease) and experience significant levels of clarity and purpose as you go about your life.

Your response to the second question will be personal and individual to you. The question intentionally asks for 'one thing', and while there may well be many things you can choose, the hope here is that you select just one for today – something that is manageable and helpful.

As you consider the second question, I suspect this requires a personal response. But I suspect you can quite quickly think of something, and something that is very doable. I don't think you need to overthink your choice. It may be to read for five minutes, go for a walk with your neighbour, listen to some music, call a close friend, or go to bed a little bit earlier.

Whatever you choose, please go and do it today! 😊

Another similar saying that may resonate with you is, 'you can't give what you haven't got.' This phrase may help you recognise the importance of maintaining your cup. We have no doubt you want to give kindness, hope, love, enthusiasm, and support to others, so please don't forget to give kindness, hope, love, enthusiasm, and support to yourself. Go well.