

## Spoon Theory and Housing Transitions

Spoon theory, developed by Christine Miserandino, is one way to think about energy. You can use it to plan your day based on how much energy you have, especially during big changes like moving.

### What is spoon theory?

Think of energy like spoons. You start each day with a certain amount of energy, in other words, a certain number of spoons.



**Getting dressed?**  
That might use  
1 spoon.



**Making a meal?**  
Possibly 2 spoons.



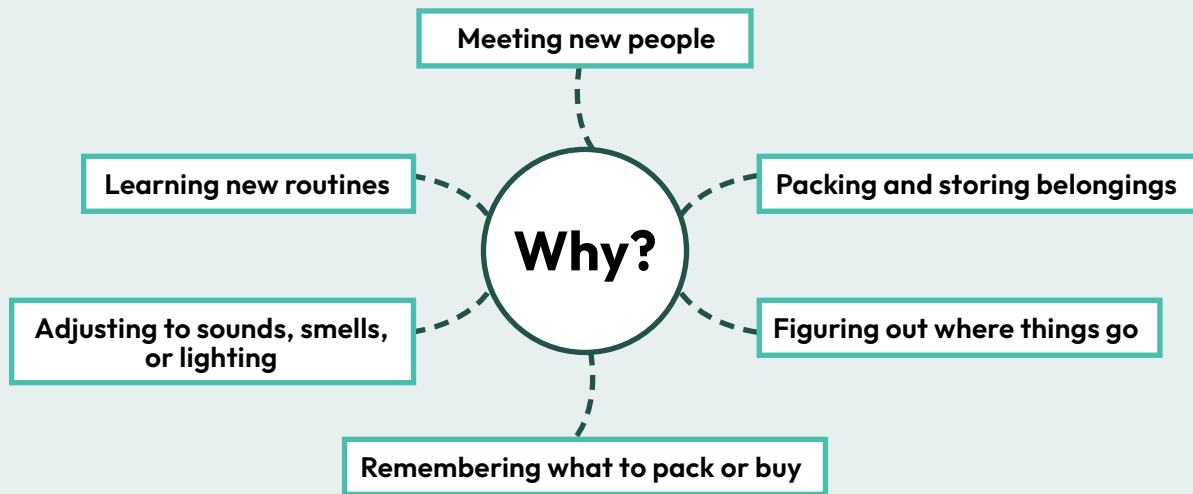
**Talking to  
someone new?**  
Maybe 3 spoons.

**When you run out of spoons,  
it's harder to do things, even small ones.**

### Your energy can change day to day

- Some days you might start with 10 spoons. Other days, only 3.
- Sleep, stress, sensory input, and how you're feeling all affect your spoon count.
- New or unpredictable tasks usually use more spoons.

## A move can take a lot of spoons



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### What can you do?

- Expect lower energy during transitions, so give yourself permission to rest or do less.
  - Build in recovery time by planning breaks before and after high-energy tasks.
  - Ask for help from supports like delivery services or a trusted person.
  - Take note of your patterns because some tasks are easier at certain times. Then, plan around that.
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**You don't have endless spoons and that's okay. Planning with your energy in mind gives you more control, makes tasks less overwhelming, and brings you more comfort in your new space.**