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ENG 305

23 January 2023

“You can’t pour from an empty cup”

Metaphors all around the world, have different meanings and interpretations, creating visuals for those with an imagination. The metaphor “You can’t pour from an empty cup” signifies taking care of yourself to give and be a positive light in someone else life. Different cultures identify with metaphors in different ways, never truly giving a metaphor one definitive meaning. Learning what it means to pour into your cup and doing things that feel right to you, is essentially how the metaphor translates. Some people in this country identify as highly sensitive people (HSP), enabling them from setting strong boundaries or just finding things to be more overwhelming to them compared to most other people. Those who are highly sensitive may experience sensitivity to sirens, be overwhelmed by bright lights or fabrics, or even feel tired more often. Dr. Elaine Aron, graduating with her ph.D at Pacifica Graduate Institution in clinical psychology, studies those who are affected by this psychological condition.

Some specific practices associated with the metaphor “you can’t pour from an empty cup” may be intentional practices of self-care and prioritizing time for yourself. Finding different ways to recharge as an HSP is important, because social interaction may drain them more quickly. Dr. Aron describes the traits reflecting a “certain type of survival strategy, being observant before acting”. The brains of a highly sensitive person (HSPs) work a little differently than others”. Differently or harder than other people, draining them more. HSP and their alert tendency, create a more chaotic mental space, making relaxing in public more challenging for them. Other practices like yoga, meditation, and exercise, can help reset the mind. If considered,

yoga can reconnect the mind with the body, allowing a more clear head for what's ahead.

Journaling or just finding some form of self-healing is important for anyone looking to fill their cup. so that doing for others isn't the worst thing in the world to do. Disagreements about this practice may arise in different cultures because anxiety or stress is looked at as a less serious issue to some. In response to those feelings, HSPs may have low self-esteem according to Dr. Aron. Anxiety and depression are not an illness that has visual deficiencies, so many may not even know how to identify themselves.

Those disagreements may have emerged in history in ways that discredited those struggling with mental health, unable to "fill their cup" or take care of themselves properly. In history filling one's cup was more challenging because women had kids earlier than they do now and not taking care of their family was not an option. Having to shift their focus to their children, most women lacked the time to fill their cups. Men as well, throughout history, were faced with providing for their families or going to war, not leaving much time to take care of themselves either.

For a resolution, I feel like the idea that society has on mental health needs to shift and expand to all cultures. Although, there are other ways that foreign cultures deal with stressful times that should also be considered. Dancing, jewelry making, singing, and quality time, are all ways that can have an amazing healing effect. According to the article "The healing powers of dance" written by Christiana Lanzito, she explains that some of the physical "effects are obvious: dance can— among other things boost cardiovascular health and bone strength". Resolutions don't need to include things that feel like working out, finding creative ways to clear the head and cleanse the body of intense emotions, curator more benefits than expected. Filling your cup is not something that people should be ashamed of but empowered to do.

## Works Cited

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