



THE
PENNY
MODEL



Understanding Emotional Weight

A SIMPLE GUIDE TO THE PENNY MODEL



A practical introduction to how small emotional experiences can build up over time — **leading to depression** — and what we can do about it.



DISCOVER MORE ABOUT THE PENNY MODEL



thepennymodel.com

Visit our website for resources and more information.



Available on Amazon

Explore the full book and deepen your understanding.



UNDERSTAND
the small
things



RECOGNISE
the emotional
impact



REDUCE
the weight



CREATE SPACE
for healing and
wellbeing



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Counsellor | Author | Speaker



THE
PENNY
MODEL

1. What Is The Penny Model?

A SIMPLE WAY TO UNDERSTAND EMOTIONAL WEIGHT



The Penny Model helps us understand how our emotional experiences – both big and small – can build up over time.

Just like pennies in a jar, small moments may not seem like much on their own. But over time, they can collect and begin to affect how we feel, think, behave and relate.



SMALL MOMENTS

Each experience adds a penny to the jar.

Negative thoughts add pennies to the jar.



OVER TIME

The pennies build up and create weight.

Over time leading to depression.



EMOTIONAL WEIGHT

When the jar becomes too full, we may feel **overwhelmed, stuck, depressed and unable to cope.**



The goal isn't to avoid every penny, it's to become more **aware of how they collect**, and learn how to **reduce the burden to create space for healing.**



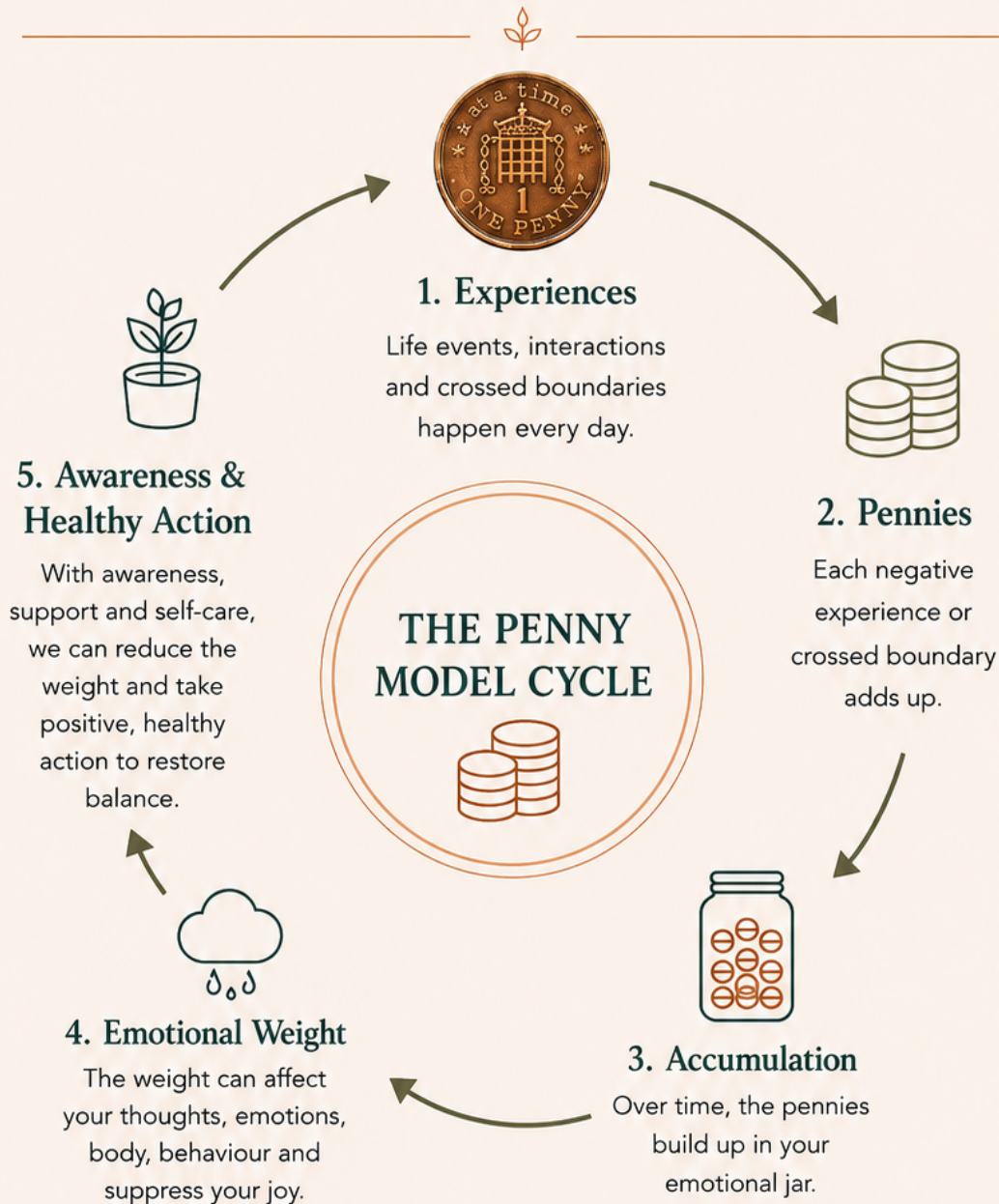
SMALL MOMENTS MATTER. *Awareness changes everything.*



THE PENNY MODEL

2. How The Penny Model Works

OUR EMOTIONAL WELLBEING IS SHAPED BY A CONTINUOUS FLOW OF EXPERIENCES.



Awareness is the first step. You cannot change what you do not yet see.



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EVERY PENNY COUNTS. *Every small moment shapes your wellbeing.*



3. Balance

IT'S THE BALANCE (OR IMBALANCE) OVER TIME THAT MATTERS.



Negative Pennies

- Crossed boundaries, *by self, someone or something.*
- Conflict, *internal or external.*
- Unhealthy choices.



Spending Pennies

- Healthy yes's and no's.
- Healthy choices for yourself.
- Kind words to yourself and others.
- Valuing the self.
- Support and connection.
- Rest and relaxation.



It's the **balance (or imbalance)** over time that matters.

Pennies =
heavy load



Balance is about getting rid of all of the negative pennies and **lightening the load.**



4. The Emotional Jar

YOUR JAR HAS LIMITS.
RECOGNISING WHEN IT'S FILLING UP IS KEY.



Everyone has a different capacity.

What feels manageable for one person might feel overwhelming for another.

When the jar gets too full, even small pennies can feel heavy — **like the straw that broke the camel's back.**

That's why awareness and self-care are so important.



TOO FULL

Overwhelmed, stuck, exhausted, depressed

NEAR FULL

Stressed, irritable, drained, aggressive

MANAGEABLE

Balanced, resilient, calm



The goal is not to **manage the load**, but to know **when and how to take positive, healthy action.**

SIGNS YOUR JAR MAY BE GETTING TOO FULL



Racing thoughts



Constant tiredness



Irritability or frustration



Physical tension or discomfort



Feeling overwhelmed



Withdrawing or disconnecting



TIP:

Check in with yourself regularly. A full jar doesn't mean failure – it means it's time to pause, reflect and reset.



AWARENESS CREATES CHOICE. *The more aware you are, the more power you have to manage your emotional weight.*



05. What Influences Your Pennies?

MANY THINGS ADD PENNIES TO YOUR JAR.
SOME YOU CAN CONTROL, OTHERS YOU CANNOT.



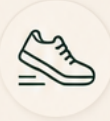
Understanding what impacts your emotional weight helps you respond with awareness and make choices that support your wellbeing.



healthy THINGS YOU CAN INFLUENCE



Your thoughts
How you think about situations.



Your actions
The choices you make *moment by moment.*



Your self-care
Rest, nutrition, movement and relaxation.



Your boundaries
Saying no, setting limits and protecting your energy.



Your mindset
Practising gratitude, kindness and perspective.



THINGS YOU CANNOT CONTROL

- Other people's actions
- Unexpected events
- The past
- The opinions of others
- Change and uncertainty
- *The weather.*



FOCUS YOUR ENERGY WISELY

You may not control what happens, but you can control how you respond and how you *experience it.*



TIP:

Spend more energy on what you can influence.
Let go (as much as you can) of what you cannot.



AWARENESS CREATES CHOICE.

Understanding what influences your pennies can help you respond with awareness and healthy action.



06. Managing Your Pennies

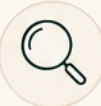
YOU CAN'T STOP ALL THE PENNIES FROM COMING IN, BUT YOU CAN CHOOSE HOW TO **MANAGE AND SPEND** THEM.



Managing your emotional weight isn't about eliminating every challenge. It's about building habits and using tools that help you stay balanced.



STRATEGIES THAT HELP



AWARENESS

Notice what's happening early. Awareness is your first line of support.



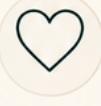
PAUSE & BREATHE

Take a moment to reset your body and mind.



REFLECT & REFRAME

Check in with yourself. Challenge unhelpful thoughts.



SELF-CARE

Rest, move, eat well and do things that replenish you.



SUPPORT & CONNECTION

Talk to people you trust. You don't have to carry everything alone.



BOUNDARIES

Protect your energy by saying **healthy yeses and nos**, setting limits and prioritising what matters.



REMEMBER



Small, consistent actions create a lighter jar over time. You don't need to be perfect, just intentional.

“

*You are not your pennies.
But how you manage them shapes how you feel and live.*



MANAGE TODAY, BENEFIT TOMORROW.
Small habits now lead to lasting change.



07. Tools for a Lighter Jar

YOU DON'T HAVE TO CARRY IT ALL ALONE.
THE RIGHT TOOLS CAN HELP YOU FEEL LIGHTER.

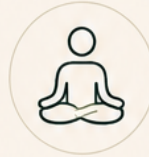


Explore different tools and find what works for you.
Small, consistent steps make a big difference.



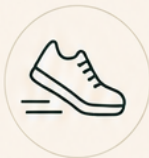
JOURNALING

Write down your thoughts and feelings. It helps you process and release.



MINDFULNESS & MEDITATION

Be present in the moment. It reduces stress and creates space in your jar.



MOVEMENT

Exercise releases tension and boosts your mood. Find what you enjoy.



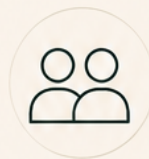
REST & SLEEP

Quality sleep restores your body and mind. It's not a luxury, it's essential.



GRATITUDE

Focus on what's going well. Gratitude shifts your mindset and adds positive pennies.



CONNECTION

Talk to people you trust. Support and connection lighten the load.



SELF-CARE

Do things that nourish you. Small acts of care have a powerful impact.



BOUNDARIES

Protect your energy. Say no when needed and prioritise what matters most **to you**.



TIP

You don't have to use all the tools. Start with one small step and build from there.



REMEMBER

The goal is to eliminate as many pennies as possible and carry some with ease.



08. Building a Lighter Jar Routine

ROUTINES CREATE SPACE.
SMALL DAILY HABITS LEAD TO LASTING CHANGE.



A routine doesn't have to be complicated.
Simple, consistent habits help you manage your pennies every day.



DAILY ROUTINE IDEAS



CHECK IN

Notice how you may have accumulated pennies.



PAUSE

Take a few deep breaths and reset.



FOCUS

Choose one or two priorities for the day.



CARE

Do one small thing that supports your wellbeing.



REFLECT

Explore how to avoid them in the future.



MAKE IT WORK FOR YOU

- Keep it simple and realistic.
- Be flexible – some days will be easier than others.
- Focus on progress, not perfection.
- Celebrate small wins.



CONSISTENCY OVER INTENSITY

You don't need a perfect routine.
You need a routine you can return to, again and again.



REMEMBER

*It comes from healthy choices,
one habit, one day at a time.*



ROUTINES AREN'T ABOUT BEING PERFECT.
They're about showing up for yourself, every day.



09. Long-Term Change

A LIGHTER JAR ISN'T JUST ABOUT FEELING BETTER TODAY.
IT'S ABOUT BUILDING A LIFE THAT SUPPORTS YOU LONG TERM.



Long-term change happens when small, consistent choices become part of who you are and how you live.



PRINCIPLES FOR LASTING CHANGE



BE INTENTIONAL

Live with purpose. Know what matters to you and make choices that align with your values.



STAY CONSISTENT

Small actions, repeated over time, create powerful results.



BE PATIENT

Change isn't always linear. Trust the process and keep going.



BE KIND TO YOURSELF

There will be ups and downs. Self-compassion keeps you moving forward.



KEEP LEARNING

Stay curious. Learn, grow and adapt along the way.



PROTECT YOUR ENERGY

Guard your boundaries and prioritise what supports your wellbeing.



FOCUS ON PROGRESS

You won't change everything overnight. That's okay.

Focus on getting a little better each day and trust that it adds up.



YOUR JOURNEY IS YOURS

Everyone's jar looks different. Comparison adds weight. **Focus on your path and your growth.**



TIP

Revisit this guide whenever you need a reminder. **You have the tools. You have the power. You've got this.**

