

5 Signs You're Functioning, But Depleted

Many capable people continue showing up for work, family, and responsibilities while quietly running on empty. If you've been wondering whether you're tired or truly depleted, these signs may help you recognize the difference.

1. You can get things done, but everything feels harder than it should.

You are still functioning, but ordinary tasks require significantly more effort than they once did.

2. Rest doesn't seem to restore you.

A day off, a weekend, or even a vacation provides temporary relief, but the exhaustion quickly returns.

3. You feel emotionally flat.

You may not feel intensely sad or anxious. Instead, you feel disconnected from joy, curiosity, or motivation.

4. Small demands feel disproportionately overwhelming.

Things that were once manageable now feel like one more thing you don't have the capacity for.

5. You've become skilled at appearing fine.

Others may see you as capable and dependable while you're privately carrying a much heavier load.

Reflection Question: Which of these signs feels most familiar right now?

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