

Ever Felt Like You're
Functioning,
But Not Really,
Living?





"I used to think I was just tired."



*"But looking back...
I was running on empty for months."*

Work. Dinner. TV. Sleep. Repeat...

Stopped doing the things I loved.
Phobia of coming Monday
when the weekend arrives.



*"I could still go to work.
I could still smile.
But after that — I had nothing left."*



*"Weekends became
recovery missions, not joy."*



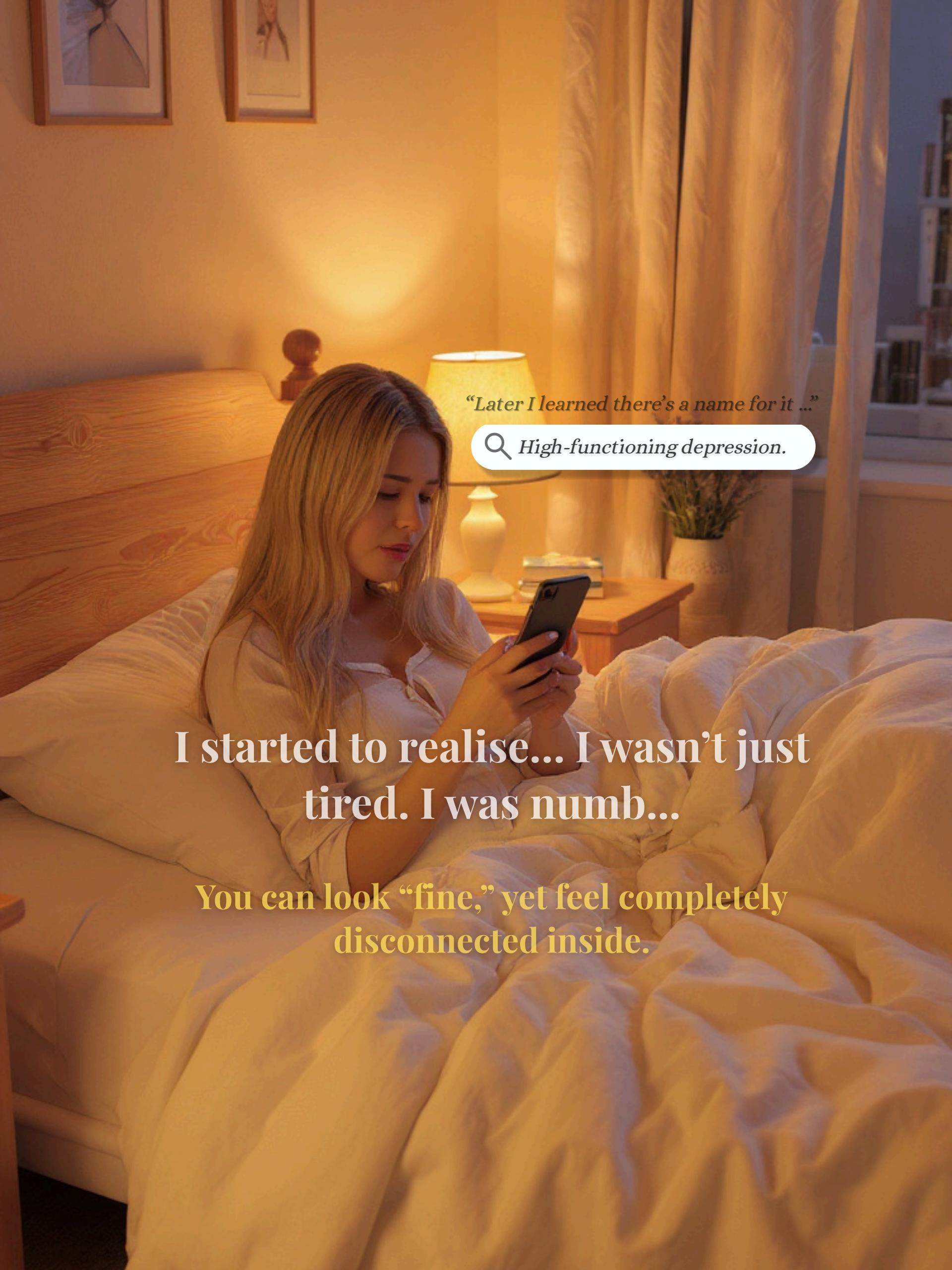


*“They were laughing at the table.
I sat on the couch, staring
blankly at the TV.*

*And a thought crossed my mind
— What’s happening to me? This
isn’t me.”*

**One gathering made me pause and
realise, something was off...**

**I remember sitting with my family... and
suddenly, I just walked away.**



“Later I learned there’s a name for it ...”

 *High-functioning depression.*

I started to realise... I wasn't just tired. I was numb...

You can look “fine,” yet feel completely disconnected inside.



If you're surviving, but not living...
please PAUSE!

Sometimes the scariest thing
is not breaking down.

It's losing the will to care.
But awareness is the first light that comes in.

You deserve more than
just functioning.
May you find moments that make
you feel alive again.

A photograph of a group of people, including two women and a man, smiling and gathered around a table. The scene is lit by warm, ambient light, with a lit candle on the table adding to the cozy atmosphere. The people are dressed casually, and the setting appears to be a home or a relaxed social gathering.

If this feels familiar,
you're not alone.

Maybe it's time to stop just surviving,
and start coming back to yourself,
one breath at a time.

@theElementofCalm