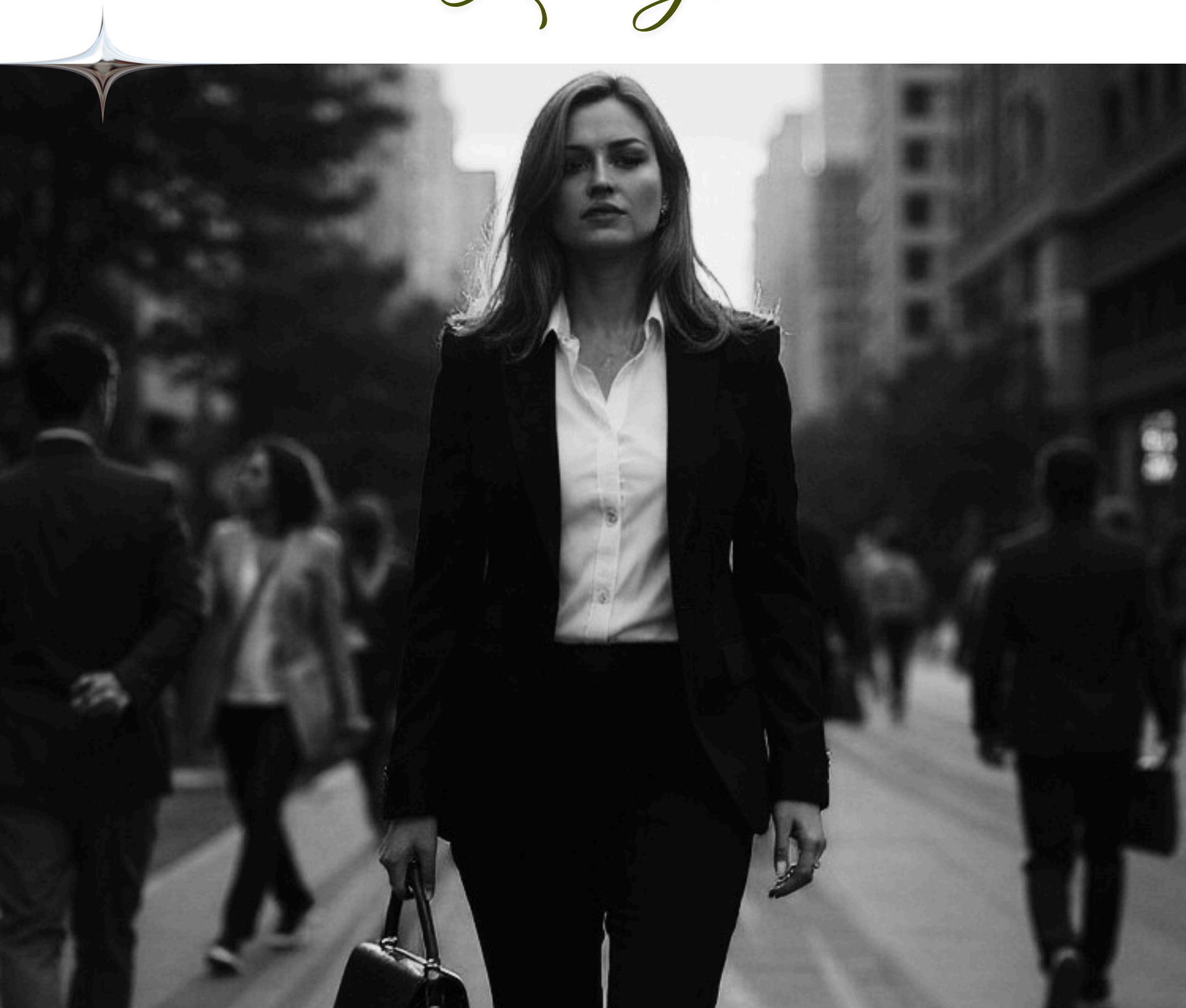


Ever Felt Like You're  
*Functioning,*  
But Not Really,  
*Living?*







*"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.



A warm, intimate scene of a group of people sitting around a round wooden table at night. The room is dimly lit, with the primary light source being several lit candles on the table. In the background, a lamp with a warm-toned shade and a window with sheer curtains are visible. The people are engaged in conversation and eating. A woman in the center is smiling broadly, holding a fork. To her right, a man is also smiling and looking towards her. On the left, another woman is partially visible, also smiling. The table is set with plates of food, including what looks like a salad and a bowl of pasta, and a white cup and saucer. The overall atmosphere is cozy and comforting.

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

**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**