WELLNESS, REFRAMED

You're Tired, But Is Your Body Actually the Problem?

More sleep, more water, more vitamins. Sometimes that's the answer. And sometimes your body is tired because your life is tired.

By the Founder of BecomLab • 5 min read



You're tired.

So naturally, you start looking at the usual suspects.

- ○ Maybe you need more sleep.
- ○ Maybe you need to exercise more.
- ○ Maybe it's your diet.
- ○ Maybe you need vitamins.
- ○ Maybe you just need a vacation.

And sometimes, yes. Your body really is asking for something.

But sometimes?

> *Your body is tired because your life is tired.*

Think about it.

You can sleep eight hours and still wake up exhausted when you're spending your days doing work you dread.

You can eat well and exercise and still feel drained when your brain has 37 tabs open at all times.

You can have a perfectly respectable morning routine and still feel depleted when every conversation with a certain person leaves you needing three business days to recover.

And you can take all the supplements in the cabinet, but they probably aren't going to fix the fact that you haven't felt excited about anything in six months.

That doesn't mean every headache, sleepless night, or energy crash has some deep hidden meaning. Physical symptoms deserve appropriate medical attention.

It simply means energy isn't only physical.

The things draining you don't always look like "wellness" problems

We tend to put wellness in a very small box.

SLEEP · NUTRITION · EXERCISE · STRESS

But your life doesn't operate in separate little departments.

Your work comes home with you. Money stress can follow you into bed. A chaotic environment can make it harder to switch your brain off. Relationship tension can affect your concentration. Feeling disconnected from what you're doing can make even relatively easy days feel heavy.

And when several of those things are happening at once? You may experience the result as one simple sentence:

> *"I'm exhausted."*

So you attack the exhaustion.

More coffee. Earlier bedtime. New workout. New routine. Maybe another planner, because obviously this planner is going to change our lives. 😂

And then you're confused when you're still tired.

Maybe you're treating the symptom you can see instead of looking at the bigger picture.

Try asking a different question

INSTEAD OF

~~"Why am I so tired?"~~

TRY

"What in my life is taking more energy than it's giving me right now?"

That's a very different question.

Your first answer might be obvious. Or it might not be what you expected at all.

Maybe your body feels relatively good, but work has been consuming you. Maybe work is great, but your environment feels chaotic. Maybe everything looks good on paper, but you haven't felt connected to anything meaningful lately.

Or maybe you genuinely can't identify it.

That's useful information too. Because sometimes you can't see the pattern when you're standing in the middle of it.

This is actually why I created the Mini Life Scan

Not to tell you what's wrong with your life. And definitely not to let an algorithm decide who you are.

I created it because sometimes we need to see different parts of our lives next to each other before we notice where the friction actually is.

The Mini Life Scan gives you a quick look across seven areas of your life. And one of the most interesting parts? Sometimes the area scoring lowest isn't the one you expected.

That little surprise can lead to a much better question than "How do I fix myself?"

> *"Okay... what deserves my attention right now?"*

And that's a much more useful place to start.

FREE MINI LIFE SCAN

Curious where your friction might actually be?

Five minutes. Seven areas. No dramatic life overhaul required.

Take the free Mini Life Scan →

You might confirm exactly what you already knew. Or you might find the thing you weren't looking at.