

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Feel Exhausted

Explore possible contributors without assuming one cause

Exhaustion is not always simply a need for more sleep. Food, fluids, health, stress and the demands placed on your body can all contribute.

Space to Breathe Therapy

What could my body be telling me?

Exhaustion is not always simply a need for more sleep. Food, fluids, health, stress and the demands placed on your body can all contribute.

Possible contributors

- Not eating enough overall or leaving long gaps between meals
- Dehydration, disrupted sleep or sustained emotional strain
- Nutrient deficiencies, medication effects or a medical condition

Look for patterns, not one explanation

Body sensations often have several possible causes. Consider timing, repetition, associated symptoms and what is different from your usual pattern. This resource supports reflection; it does not diagnose.

A practical response

Pause, notice and respond

- 1 Rate your energy from 0 to 10.
- 2 Note when you last ate, drank and rested.
- 3 Consider sleep, stress, illness, medication and recent demands.
- 4 Choose one realistic response and review how you feel later.

Use the information safely

Notice whether the symptom is new, severe, persistent or affecting daily life.
Use appropriate professional support rather than making major changes to food, medication or treatment by yourself.

Your symptom reflection

Energy now /10

Last food and drink

Sleep and rest

Stress or recent demands

One supportive response

What changed later

When to seek support

Persistent or unexplained fatigue deserves medical assessment. Seek urgent help if exhaustion comes with chest pain, severe breathlessness, fainting, confusion or sudden weakness.