

5 Signs Your Energy Needs a Reset

(and what to do about it)

We all know when something feels off — even if we can't quite name it. You might call it burnout, exhaustion, or just running on empty. In energy terms, it's stagnation: life force that isn't flowing the way it should. Here are five signs your energy is asking for attention.

- 1 *You're tired no matter how much you sleep*
You wake up unrefreshed. You rest, but it doesn't restore. This is one of the earliest signs that something energetic — not just physical — needs addressing.

- 2 *Small things feel disproportionately overwhelming*
Traffic. A delayed email. A mild criticism. When your energy is depleted, your nervous system has no buffer. Everything feels bigger than it should.

- 3 *You keep getting sick*
The body speaks what the mind won't. Recurring colds, tension headaches, and low immunity are often the body's way of forcing the rest it can't get any other way.

- 4 *You feel disconnected from what used to bring you joy*
Hobbies feel flat. Time with people you love feels like effort. When energy stagnates, vitality and pleasure are often the first things to quietly disappear.

- 5 *You're going through the motions — but you're not really there*
You're functional. You're showing up. But there's a sense of watching your life from a slight distance, rather than fully inhabiting it. This is your energy asking to come home to you.

If any of these resonate, you're not alone — and you don't have to stay stuck. A Reiki session or coaching call can help you find your way back to ease. Book a free 30-minute consultation [here](#)