

## RACHEL SPRUNT

counselling & wellbeing



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### **Do I need counselling or am I just tired?**

We all feel worn out sometimes. Life is demanding, work, relationships, responsibilities and unexpected challenges can all take their toll. So, when exhaustion sets in, it's natural to ask: **“Do I need counselling, or am I just tired?”**

The answer isn't always straightforward. Tiredness can be physical, emotional, or mental. It can be caused by overworking, poor sleep, grief, stress or even by carrying things you haven't been able to talk about.

Let's gently explore the difference.

### **Tiredness is normal. But it's not always *just* tiredness.**

Feeling tired after a long day, a poor night's sleep, or a stressful week is expected. You rest, slow down, and eventually bounce back.

But if the tiredness lingers...

If sleep doesn't help...

If you feel *disconnected*, *low*, or *just not yourself*...

That might be a signal that something deeper is going on.

### **Signs your tiredness might have emotional roots:**

- You feel emotionally flat or numb
- You're more tearful or irritable than usual
- You're withdrawing from people or activities
- You struggle to focus or make decisions
- You wake up feeling exhausted, even after a full night's sleep
- You keep telling yourself to “just get on with it,” but can't

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- You feel overwhelmed by small tasks
- You're wondering if something is wrong with you

These experiences don't mean you're broken. They mean you're human and something inside you may need attention, care or support.

### **Why counselling can help**

You don't need to wait until you're in crisis to start counselling. In fact, many people come to counselling feeling exactly like this: unsure, exhausted and wondering what's really going on beneath the surface.

Counselling offers a calm, confidential space to make sense of what you're feeling, even if you're not sure what that is yet. It's a space where you don't have to pretend, perform, or push through.

### **You don't have to "deserve" counselling, you just have to be curious enough to reach out**

There's a myth that you need to be at rock bottom to seek help. That's not true. If you're asking yourself whether you need counselling, it might be your inner voice trying to get your attention. That voice deserves to be heard.

### **A final thought**

Maybe you *are* tired. But maybe, underneath the tiredness, is stress that's gone unspoken, sadness that's been suppressed or a deep need to be seen and understood.

Counselling won't magically fix everything but it can offer the kind of support that helps you rest, reflect, and rebuild. Not because you're weak, but because you're brave enough to want more for yourself.

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**If that resonates with you, I'm here when you're ready.**

*Rachel .*