Here are some signs that your body might need more recovery or that you're depleted:

* **Anxiety**
* **Dysphoria/boredom**: You should feel a zest for life, much like when you were younger.
* **Sleep issues**
* **Thin veins/non-veiny hands**
* **Heavy legs**
* **Cold hands**
* **Tachycardia (fast heartbeat)**
* **Getting easily exhausted**
* **Lack of appetite or reduced libido**
* **Feeling cold or less resistant to cold**
* **Constant fatigue, regardless of how much you sleep or eat**
* **Mental fog/confusion**: Your mind should be sharp, constantly thinking, and analyzing effortlessly.

These are warning signs that something might be off with your lifestyle. I don't mean to scare you, but if you ever feel like you lack the willpower to quit unhealthy habits or to exercise, try not to stress. Instead, wake yourself up. Imagine the consequences—like having a heart attack. All the overindulgence—eating, drinking—what good does it do if it leads to a fatal outcome? A 26-year-old friend of mine recently died from a heart attack, which really puts into perspective how serious overindulgence can be. Imagine the loneliness of that moment—feeling a sharp pain in your chest, collapsing, and slowly fading into darkness.

Take your health seriously before it becomes a serious issue. I'm going to go do some pushups now.

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