**Diary Entry: August 2, 2024**

It's been another grueling day at the office. Lately, it seems like the weight of my responsibilities is just too much to handle. I've always prided myself on being able to tackle challenges head-on, but this constant pressure is really starting to get to me. I leave work feeling exhausted, not just physically but emotionally too.

The joy I used to find in my tasks has diminished, and now every email notification, every new assignment feels like a heavy sigh. I stare at my computer screen, and sometimes I can't even begin to process what's in front of me. It's like my brain is wrapped in a fog of anxiety and dissatisfaction. I miss feeling competent and enthusiastic about my projects.

Today, I tried to discuss my workload with my manager, hoping for some understanding or maybe even a solution. The conversation was brief; the essence was to keep pushing through. "It's a tough quarter for everyone," they said. I understand that, but it doesn't make my days any easier.

I find myself dreading the thought of another day at work. It's not just the tasks—it's the overwhelming feeling that I'm constantly falling short of expectations. My sleep has been erratic at best, which only adds to my stress. I know something needs to change. I can't keep going like this, feeling trapped and unhappy.

Maybe it's time to look for support elsewhere. Perhaps a professional who can offer me strategies to cope, or even exploring other career options where the environment is less taxing. I know I'm not the only one feeling this way, but it's hard not to feel isolated in my struggle.

I need to find a balance again, to rediscover the satisfaction in my work and in my life. But for now, I'm just trying to make it through each day, hoping for a lighter tomorrow.