

YOUR LOW-ENERGY CLARITY GUIDE

You may call it '**low energy**' - **but what does it really mean?**

Stop guessing. Find out where your energy is actually leaking,
what is driving it, and how to start reclaiming it.

Well in Midlife
by Erika Toth



@wellinmidlife
wellinmidlife.com

Welcome

WHAT IS 'LOW ENERGY' ?



Midlife brings changes that are hard to put into words, and **"low energy"** often ends up being the **catch-all phrase** for whatever is actually going on.

But it rarely means the same thing twice – ***fitness, sleep, focus, mood, relationships, confidence, and so on.***

The words are the same, but what actually causes them is not.

This is **your reflective guide** to help you see

- how low energy shows up for You,
- what is driving it,
- and how to start reclaiming it.

**Start
now**



UNCOVER

Read the following statements and rate **how true each feels for you right now**.

This is where the picture starts to come together.

		Never 0	Rarely 1	Often 2	Always 3
PHYSICAL	I wake up tired, feel groggy till mid-morning, even after a full night's sleep.	☐	☐	☐	☐
	My energy dips hard some afternoons, and I lean on caffeine or something sweet to get through it.	☐	☐	☐	☐
	My body takes longer to recover than it used to – after a workout, a busy day, or a bad night's sleep.	☐	☐	☐	☐
MENTAL	I replay conversations, hold anxiety or worry even after things finished – my mind doesn't move on easily.	☐	☐	☐	☐
	I feel foggy or forgetful – searching for words, losing my thread, blanking on why I walked into a room.	☐	☐	☐	☐
	Simple decisions, everyday admin and tasks leave me overly drained by the end of the day.	☐	☐	☐	☐
EMOTIONAL	A difficult conversation or a setback can leave me feeling low or unsettled for the rest of the day.	☐	☐	☐	☐
	I don't have much emotional buffer left – I keep putting my own feelings aside to support others.	☐	☐	☐	☐
	My mood can swing without clear reason – I feel irritated or reacting out of proportion to events.	☐	☐	☐	☐
SOCIAL	I say I'm fine when I'm not, because it feels easier than explaining what's actually going on.	☐	☐	☐	☐
	Being around people, even people I like, leaves me easily drained – I need space to switch off after.	☐	☐	☐	☐
	I feel like I'm playing a role rather than being understood for myself – even in close relationships.	☐	☐	☐	☐

Calculate totals in each area: multiply the number of ticks with the ratings above

FIND OUT HOW 'LOW ENERGY' SHOWS UP FOR YOU

your clarity

Energy is not just about feeling exhausted or rested. It's your **capacity to function physically, mentally, emotionally and socially**. In real life, that capacity doesn't dip evenly. One area usually carries more of the load than the others – but, if one energy area stays under strain long enough, it will start draining the other areas too.

TRANSFER **YOUR TOTAL SCORES PER AREA** HERE



PHYSICAL

Your body's day-to-day capacity to function, rest and recover.

Total: of 9

MENTAL

Your capacity to think clearly, focus and decide without it draining you.

Total: of 9

EMOTIONAL

Your capacity to feel, process and bounce back from what life brings.

Total: of 9

SOCIAL

Your capacity to connect and support people, as well as to feel supported.

Total: of 9

The highest scoring energy area is where your energy is leaking fastest right now. It is a good entry-point to addressing your low energy – but remember, it is potentially affecting some of the other energy areas too.

READ THE **NEXT PAGES TO SEE HOW AND WHY**. START FROM YOUR HIGHEST SCORING AREA – AND WORK YOUR WAY DOWN AS IT FEELS RELEVANT.



what it means

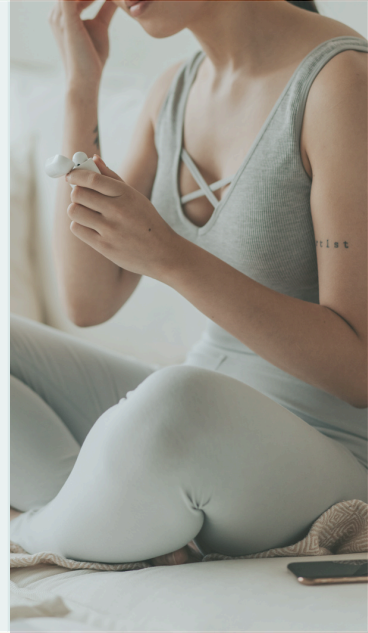
note #1. The Energy area with the highest-score is the best place to start overcoming your low-energy – notice what feels true to you.

PHYSICAL

Your body is tired and over-stretched. Waking up tired, afternoon crashes, slower bounce-back, even general stiffness or heaviness – these are not separate problems. They are **one system running on too little for too long**. This is what happens when demand on your body outpaces recovery for long enough – usually not (just) about willpower or letting things slip.

What tends to help here is typically foundational – not complicated: your sleep-hygiene, eating-pattern, and schedule to move & recover.

Also to know: in midlife, oestrogen itself affects sleep depth, temperature regulation and recovery time. So, your physical energy-drop may not be just load, but chemistry too.



MENTAL

The brain-fog, the lost thread, the decisions that should be easy but are not, the over-preparation and double-checking – that is not you becoming less capable. **You simply have less headspace than you used to**. That is not a concentration problem, it is a resourcing problem, and it deserves to be treated as one.

What can help here is to look what your mind is carrying – what you hold in your head, task-switching, missing quiet times...

Also to know: oestrogen has a direct effect on the brain systems involved in memory, focus and processing speed. This is often one of the earliest midlife signals, showing up well before anything visible.



what it means

note #2. If other Energy area scores are close behind, read those too – see what feels true to you, if they give you a fuller picture.

EMOTIONAL



Mood-swings, unusually oversized reactions, the buffer that runs out faster than it used to, then the often unnecessary apologies – these usually travel together. This is not a character flaw – it is what happens when **your capacity to process and recover is already depleted** before anything has even happened.

What can help here is noticing your feelings in the queue – putting yourself last, no space to process a hard day, no one sees the parts you usually hold together for everyone else.

Also to know: progesterone has a calming effect on the nervous system, and when it drops, mood instability and a shorter fuse are a direct physiological result, not a personality change.

SOCIAL

Feeling more drained than filled-up after time with people, more needed than known, relieved when plans get cancelled (even with people you like) – these point to the same thing: **a relational world that is costing more than it gives back** right now. You can be busy with people every day and still feel completely on your own.

What can help here is noticing 'how' your time with people goes – who lifts vs. drains you, if you spend time 'performing fine', and if you have people you don't have to perform for.

Also to know: oestrogen supports the brain's capacity for connection and attunement. As it shifts, some women notice less patience or a pull to withdraw that has nothing to do with the people around them.



DISCOVER HOW THE **ENERGY AREAS CONNECT**



How they connect

The area with your **highest score is where your energy is leaking fastest** right now, that is the one worth paying the most attention to. But these four **energy areas don't run on their own**. Leave one under strain for long enough, and it starts pulling the others down with it.

e.g. → Poor sleep leaves you foggy and less able to concentrate → the fog wears down your patience to even small setbacks → a shorter fuse can hurt your connections → and feeling unsupported wears down your motivation to look after your body.



It works the same way in reverse too – ease the strain in one area, even a little, and the others tend to lift with it.

Wherever your energy is leaking,
it can recover with intentional change:
– Boundaries, habits, the small daily decisions, and more.
It doesn't have to be a full overhaul of your life.

Now you know where your energy is leaking most, and why.
Before you rush back into your busy day, take a few minutes to sit with your results and reflect on **what your low energy is costing you and what you would do with a reclaimed energy**



pause & Reflect



what is low energy costing you?

? How is **your energy leak currently affecting the way you show up** at work, with your family, or for yourself?

your vision

? If you could magically plug the specific leaks you uncovered here, what is the very first thing **you would do with that reclaimed energy**?

WANT TO FIND OUT ABOUT THE **NEXT STEP** ?



your next step →

So now you know where your energy is leaking, why, and what's driving it.
What do you do with that?

Identifying where your energy is leaking is a powerful first step.

But knowing that, or tracking your patterns, won't change your daily reality on its own.



In my 1:1 coaching practice
we use the **REAL Energy Reset**
method to look at your specific
energy leaks and build small,
**consistent changes that fit
Your Real Life.**

Changes you can actually keep
up, not just another thing to add
to your list.

ERika, x

Midlife Health & Wellbeing Coach



WellinMidlife.com

erika@erikatoth.com

WOULD YOU LIKE
TO FIND OUT MORE ?
LET'S TALK

Click below - **25 min free chat**
about what your low energy
is trying to tell you.

Book Your Free Call

