

Why Am I Always Tired?



Upper-intermediate (B2-C1)

Part 1. Look at the situations below. Which ones feel familiar to you? Choose 2–3 and talk about them.

- You wake up tired and immediately think, “I could easily go back to sleep.”
- You hit a point in the day where your brain just switches off
- You sit down for “a quick break” and suddenly 30 minutes have gone
- You feel tired, but also restless at the same time
- You can’t focus, even on something simple
- You feel like you haven’t properly recharged in a while

Part 2. Choose one option in each pair and explain your choice.

Hit snooze a few times	or	get up straight away?
Coffee first thing	or	try to hold off?
Power through when tired	or	take a break?
Scroll on your phone	or	lie there doing nothing?
Nap when you can	or	push through the day?

Part 3. Look at each situation and say what might be causing it.

1. You wake up tired even after a full night's sleep.
2. You crash in the afternoon and can't focus.
3. You feel mentally drained, but not physically tired.
4. You feel tired before the day has even started.

Part 4. You're about to watch a video called "Reasons Why You're Always Tired." Think about what might be behind it.

What do you think are the most common reasons people feel tired all the time?

Part 5. Watch the video and say which ideas stood out to you and why.

Part 6. Look at the situations below and say how much each one affects your energy levels (a lot / a bit / not much). Explain why.

- Overthinking or worrying too much
- Eating a lot of sugary or high-carb food
- Drinking too much coffee
- Feeling stressed or on edge
- Not moving enough during the day

Part 7. Look at the ideas below and say how realistic they are for you. For each one, explain if it would work in your daily life and why or why not.

- Eating balanced meals (more protein, vegetables, less sugar)
- Drinking enough water throughout the day
- Doing around 20 minutes of light to moderate exercise
- Getting 10–15 minutes of natural light in the morning
- Taking regular breaks during work or trying something like meditation



Part 8. Look at each statement and decide if it's a real reason or just an excuse. Explain your answer.

- "I just don't have time to exercise."
- "I need coffee to function."
- "I'll fix my sleep schedule later."
- "I'm too tired to do anything after work."
- "I'll start being healthier next week."

REFLECTION

Complete the sentences in your own words.

1. One thing that drains my energy is...
2. I feel most energised when...
3. One small change I could make is...
4. This week, I might try to...

