

Forum:[Hack Forums](#)

Thread: [How do you get out of depressive episodes?](#)

emotionull - September 19, 2018, 9:50 am

my moods seem to work in phases, i'll be really happy and motivated for a few months but than it will all come crashing down. what do you do to get out of a depressed mood?

Brill - September 19, 2018, 10:12 am

drugs for the most part lol

LoveOverFear - September 19, 2018, 10:14 am

You need drugs to control your demons if all else fails try to stay as active as possible, try exercising, running. Stuff like that. Good luck OP

Confound - September 19, 2018, 10:28 am

You don't need drugs to feel better in life. Don't listen to that shit. Sure, they CAN help, but not always.

DopplerAF - September 19, 2018, 10:31 am

Nah I just need time, time heals everything.

Omniscient - September 19, 2018, 10:46 am

Do you regularly exercise? It's one way to battle depression.

DopplerAF - September 19, 2018, 10:51 am

Yoga also helps, and I have read exercise works too.
Just something to keep you busy.

Almonds - September 19, 2018, 10:56 am

It is all a mentality man, everything is garbage at times- but someone has it way worse.

I find it good to do some yoga and ease my mind. Or simply maintain focus and evaluate your circumstances to take one thing at a time, and rid yourself of doubt and unnecessary feelings.

lary - September 19, 2018, 11:05 am

just dont think of sad shit retard
no wonder ur sadall th time
therse a reeason for everything
allah chose your emotions & everythin cause of what u think
Peace man !!! peace be upon you

Hexiah - September 19, 2018, 11:22 am

Routine.. Going to the gym. Taking care of yourself.. Don't take the drugs unless they're a last resort.

emotionull - September 19, 2018, 1:11 pm

(Sep 19, 2018 10:46 AM)Omniscient Wrote: [\[CITE\]](#) Do you regularly exercise? It's one way to battle depression.

i do not.. I really need to start at least doing push-ups every morning. i was reading how any sort of

work out or taking walks helps a lot. it's just about getting that actually motivation to get up out of bed and do so which is the hard part.

SIM-3257834 - September 20, 2018, 3:18 am

I just play Linkin Park and speed dangerously in my car

DopplerAF - September 20, 2018, 3:22 am

(Sep 20, 2018 03:18 AM)Ahri. Wrote: [\[CITE\]](#) I just play Linkin Park and speed dangerously in my car
You should stop that or one day we won't see you online.

I Am Kira - September 20, 2018, 3:23 am

Something missing in your life bra... find yourself

JTMBoss - September 20, 2018, 3:24 am

I just try to play games to take my mind off from stress and things or just do something that makes you happy and escape for a bit.

DopplerAF - September 20, 2018, 3:43 am

(Sep 20, 2018 03:24 AM)JTMBoss Wrote: [\[CITE\]](#) I just try to play games to take my mind off from stress and things or just do something that makes you happy and escape for a bit.
Like fap on porn girls ?

Dark Star - September 20, 2018, 3:43 am

If you are really depressed, buy a hooker with some cocaine.

Business - September 20, 2018, 3:48 am

Making changes in your every day routine can help break depressive spells! It can be tough to get out of a rut when you're seeing and doing the same stuff every day. Try taking up a new hobby, starting eating at new places, you can ever try changing your furniture around!

Other things you can do include exercising, getting more sleep, and trying to stay as social as you can. I KNOW how hard it is to leave the house when you're depressed, but staying in only makes it worse in the long run.

CyberError - September 20, 2018, 3:56 am

(Sep 19, 2018 10:28 AM)Confound Wrote: [\[CITE\]](#) You don't need drugs to feel better in life. Don't listen to that shit. Sure, they CAN help, but not always.

hmm i never tried any drugs yet , do they really works ? i mean i am same as op i sometime get motivated and someday i feel like a loser

ZenPatrol - September 20, 2018, 3:59 am

Hit the gym buddy lift some weights and take your frustration out and the things that are playing on your mind.

SIM-3257834 - September 20, 2018, 4:42 am

(Sep 20, 2018 03:22 AM)DopplerAF Wrote: [\[CITE\]](#) You should stop that or one day we won't see you online.

A good ahri is a dead ahri.

Free Kurdistan - September 20, 2018, 5:05 am

I go to the gym to get my mind off things.

Business - September 20, 2018, 6:46 am

(Sep 20, 2018 04:42 AM)Ahri. Wrote: [\[CITE\]](#) A good ahri is a dead ahri.Can't die before spending those Bytes! ?

imadeyouread - September 20, 2018, 7:00 am
eat sweets, chocolates. simple

emotionull - September 20, 2018, 7:22 am
as of today i'm biking to work from now on, i fixed up my bike myself which was a nice little project to get me moving, first day it was hard as hell cus my job is up hill. but we're going to gain the muscles.

Zexi - September 20, 2018, 7:26 am
(Sep 19, 2018 09:50 AM)emotionull Wrote: [\[CITE\]](#) my moods seem to work in phases, i'll be really happy and motivated for a few months but than it will all come crashing down. what do you do to get out of a depressed mood?
Damn you switch mood in months, i fucking daily switch mood from normal to depressed to stressed out to motivated.

Sex usually clears my head for a bit. Other than that going out and drinking with my friend helps me too.

WatermelonHazee - September 20, 2018, 7:27 am
pushing yourself to get the fuck outside and out of the house always helps me, don't matter if ya take your dog for a walk in the woods for an hour let em run around smoke a joint . w/e occupies ur mind brutha

s1nister - September 20, 2018, 7:50 am
How do you get out of depressive episodes?
I don't and I don't try it too,
surprisinngly it helps to be lazy

emotionull - September 20, 2018, 8:25 am
(Sep 20, 2018 07:50 AM)s1nister Wrote: [\[CITE\]](#) How do you get out of depressive episodes?
I don't and I don't try it too,
surprisinngly it helps to be lazy
that doesn't make much sense but okay.

Eagle 95 - September 20, 2018, 8:30 am
Regular exercise.

Socializing.

Doing new stuff.

Going to new places with friends.

Stay away from porn, sweets, drugs, overeating.

Don't think about it every single day, it gets really tiresome and boring. It adds extra weight if you think about it every single day.

s1nister - September 20, 2018, 8:30 am

(Sep 20, 2018 08:25 AM)emotionnull Wrote: [\[CITE\]](#) that doesn't make much sense but okay.
Stop trying to overthink about everything and everything will be easier to handle.
Same goes with my answer

TayterJ - September 20, 2018, 10:27 am

It's different for everyone.

Probably the most surefire way is physical activity. Getting at least 8 hours of rest every night, a balanced diet, and exercise will make you feel and think more clearly.

Set reachable goals.

If it is legal where you live, weed is a pretty good way to relieve stress and anxiety and let you focus on your hobbies or goals.

emotionnull - September 20, 2018, 11:19 am

(Sep 20, 2018 10:27 AM)TayterJ Wrote: [\[CITE\]](#) It's different for everyone.

Probably the most surefire way is physical activity. Getting at least 8 hours of rest every night, a balanced diet, and exercise will make you feel and think more clearly.

Set reachable goals.

If it is legal where you live, weed is a pretty good way to relieve stress and anxiety and let you focus on your hobbies or goals.

yeah i have my medical card, i actually smoke a lot it helps with my eating and leg pain. i usually am always making some sort of art either it be music or drawing/painting but i haven't had the strength to do any of that and i think that's what's mainly hitting at my mood and feeling down.

Carta Production - October 6, 2018, 11:56 am

Antidepressants are the main medication therapy for depression. They increase levels of brain chemicals like serotonin and norepinephrine to relieve symptoms.

emotionnull - October 6, 2018, 1:57 pm

(Oct 6, 2018 11:56 AM)Carta Production Wrote: [\[CITE\]](#) Antidepressants are the main medication therapy for depression. They increase levels of brain chemicals like serotonin and norepinephrine to relieve symptoms.

Actually they are extremely bad for you. They numb your entire life.

lucky. - October 6, 2018, 2:07 pm

I just flow with it until it passes really. Sometimes exercising which feels great, but besides that just pushing through it and listening to music/distracting myself.

emotionnull - October 7, 2018, 2:45 am

(Oct 6, 2018 02:07 PM)lucky. Wrote: [\[CITE\]](#) I just flow with it until it passes really. Sometimes exercising which feels great, but besides that just pushing through it and listening to music/distracting myself.

this is what i usually do. usually i can make art and music during these times and it helps but idk what's been up.

TheGoldenRelik - October 7, 2018, 3:00 am

Doing stuff with friends helps sometimes. Playing some basketball or in general some working out

helps.

Drugs help sometimes but others they just come as a loophole in my mind.

Create a routine of activities to keep your mind active is the first rule

emotionull - October 7, 2018, 3:05 am

(Oct 7, 2018 03:00 AM)TheGoldenRelik Wrote: [\[CITE\]](#) Doing stuff with friends helps sometimes. Playing some basketball or in general some working out helps.

Drugs help sometimes but others they just come as a loophole in my mind.

Create a routine of activities to keep your mind active is the first rule

i don't have much friends besides online otherwise i would.

i smoke a lot of weed already. I need to make change my routine more.

Mr Professor - October 7, 2018, 3:23 am

Eat more, sleep more, move more.

These are the 3 secrets to get out of depression.

If you want to read more about it, head over to Victor Pride's blog.

He has a great article on it.

TheGoldenRelik - October 7, 2018, 3:24 am

(Oct 7, 2018 03:05 AM)emotionull Wrote: [\[CITE\]](#) i don't have much friends besides online otherwise i would.

i smoke a lot of weed already. I need to make change my routine more.

if weed is your routine you may understand that it's not helping you at all. Try to reduce it.

Try new activities and you will find a suitable one for you. Music, photography or dance or some of them.

Set your short term and long term goals and adjust your sleep if you got some issues with it, too.

There are a lot of studies which implying that several activities can get you out of depression.

Also, a lot of studies show that depressed people have several lack of vitamins,

so maybe some multivitamins at the beginning of the day would give you a good energy to begin every day.

It's not easy, but you gotta fight the beast.

deltaone - October 7, 2018, 3:34 am

i just go out for a walk, jog or exercise to refresh my mind. it cleanses the mind from all the bullshit that was absorbed. i take a walk almost daily for an hour, sometimes longer