

Forum:[Hack Forums](#)

Thread: [Anyone feels literally powerless after 5pm?](#)

myplatesarefat - November 13, 2018, 10:16 am

I sleep about 8h.

My problem is after 5pm or something like that everyday I lose power and experience these symptoms:

- My body feels cold in warm room.
- My whole body muscles are flexing especially upper body part.
- I don't feel a need and I don't want to learn/read/play/enjoy something at all.
- Yeah that's very bad tbh, because after 4pm or 5pm i can't spend time productively and I can't even play games or do anything funny. I just don't want.
- I don't feel asleep, i usually will feel asleep at midnight so thats half a day doing nothing.
- I feel very very bad mentally after this 4pm/5pm, but before that I feel very good (or normal).

It feels like my brain doesn't care about doing anything productive OR even entertaining after 4pm/5pm. I don't care about anything.

(Actually I care, but i can't force myself after that time). Also my shoulders feel very heavy (but not before 4pm).

Fzsix - November 13, 2018, 10:19 am

Perhaps we are used to conditioning our brains to act this way. Ever heard of meditation to reset this? Do a ten minute vipassana meditation (all over YT) and I promise you will feel at least a little bit more productive. Maintain this as a habit for a long period of time and your life will change forever.

Conscious - November 13, 2018, 10:24 am

Do you eat healthy or unhealthy?

Do you have a stressful job?

Hard to say why you feel this way without having some info about your life :)

I wish you the best of luck.

Sixen+ - November 13, 2018, 10:26 am

I guess if you work from 9-5, then this isn't so bad lol. You should tell us more about your schedule prior to 5 pm.

myplatesarefat - November 13, 2018, 10:28 am

(Nov 13, 2018 11:26 AM)Sixen+ Wrote: [\[CITE\]](#) I guess if you work from 9-5, then this isn't so bad lol. You should tell us more about your schedule prior to 5 pm.

Nothing really, just sit on facebook and watch anime. I don't work.

Conscious - November 13, 2018, 10:31 am

(Nov 13, 2018 11:28 AM)myplatesarefat Wrote: [\[CITE\]](#) Nothing really, just sit on facebook and watch anime. I don't work.

There you have it mate.

Once a day go for a long walk or a small run.

Walk 5-10 Kilometers or run 2-3 kilometers and you will start to see a big difference in your mood!
?

Sixen+ - November 13, 2018, 10:33 am

(Nov 13, 2018 11:28 AM)myplatesarefat Wrote: [\[CITE\]](#) Nothing really, just sit on facebook and watch anime. I don't work.

Yeah maybe you should go for a run or walk. Stimulate the mind. If you're sitting on Facebook and watching shows all day obviously your mind is going to get tired of this?

Dope - November 13, 2018, 12:10 pm

Yeah I experience this whenever the weather/time changes. (The sunrise and sunset times really affect my mood)