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xiovv - June 9, 2019, 5:50 am

i must do physical workout in order to refresh the mental state and not go insane but when i do so and go to work my software engineering stuff on private projects in a matter of short time i get exhausted as fuck my fuckin eyes close by themselves and i start to fall asleep because of physical exhaustion and so i am not able to do my primary work

before i was able to do my primary work because i didnt do any physical exercises but that is why i went insane =and so now when i tried to do that i do feel better but i can not do both. when did you see a body builder doing mentally exhausting work? when did you see someone doing mentally exhausting work and also doing heavy physical exercises? doesnt fuckin exist cause you cant physically do both if u are a natural human being

so how do i extend my mental strength/capacity or whatever required in order to do both at least in a moderate way?

HEALTHY BODY = HEALTHY MIND

Annihilus - June 11, 2019, 12:58 pm

I need some advice on this too. I usually get a solid 8 hours of sleep but come mid afternoon I'm just so mentally drained.

Not sure if I need to improve my diet or what. Considering meditation.