

Forum:[Hack Forums](#)

Thread: [Feeling just down and tired](#)

zFacetious - April 5, 2020, 2:10 am

Well, title kind of says it all, since about November I've just been at random times feeling like shit, no matter how much joy or excitement i get from my wife, kids, job online etc daily I get sunk back into just feeling tired and sad.

Yin Yang - April 5, 2020, 2:19 am

Depression perhaps? Try seeing a professional like a therapist/psychologist.

BiggL - April 5, 2020, 6:09 am

(Apr 5, 2020 02:10 AM)KO_Sickskillz Wrote: [\[CITE\]](#) Well, title kind of says it all, since about November I've just been at random times feeling like Clay Davis, no matter how much joy or excitement i get from my wife, kids, job online etc daily I get sunk back into just feeling tired and sad. Smoke some Weed see if it will increase the quality of your life. ?
I am sure it will ??

James Burnham - April 5, 2020, 6:12 am

Do you lift? Do you eat healthy meals?

Motusora - April 5, 2020, 6:13 am

(Apr 5, 2020 06:09 AM)BiggL Wrote: [\[CITE\]](#) Smoke some Weed see if it will increase the quality of your life. ?
I am sure it will ??
weed isn't always an answer to everything .
and he got a family already .

BiggL - April 5, 2020, 6:53 am

(Apr 5, 2020 06:13 AM)Motusora Wrote: [\[CITE\]](#) weed isn't always an answer to everything .
and he got a family already .
I have family too Motusora.. I am not saying it in a joking manor.. , not like a drug addict.. he can smoke in the evenings.. or in the mornings but have more of a drive and have a much more positive outlook on life and work or whatever is bringing him down.

(Apr 5, 2020 06:12 AM)Burnham Wrote: [\[CITE\]](#) Do you lift? Do you eat healthy meals?
Also this.. very necessary !!

A + - April 5, 2020, 8:43 am

If you have all of that going for you you have a lot to be thankful for. Especially now days a lot of people have it a lot worse.

zFacetious - April 5, 2020, 8:51 am

(Apr 5, 2020 08:43 AM)SuitedPear Wrote: [\[CITE\]](#) If you have all of that going for you you have a lot to be thankful for. Especially now days a lot of people have it a lot worse.
I realize I am lucky to have my home and my family and I am very grateful for that.

(Apr 5, 2020 06:12 AM)Burnham Wrote: [\[CITE\]](#) Do you lift? Do you eat healthy meals?
Lift no haha but, I do work out daily with my wife every morning and for the most part we do eat

decently healthy

(Apr 5, 2020 06:09 AM)BiggL Wrote: [\[CITE\]](#) Smoke some Weed see if it will increase the quality of your life. ?

I am sure it will ??

The odd time I do, but it is hard with a 5month and a 3year old haha

(Apr 5, 2020 02:19 AM)Yin Yang Wrote: [\[CITE\]](#) Depression perhaps? Try seeing a professional like a therapist/psychologist.

Right now, where I am anyhow these services are limited, I suppose I could look online

Yanix - April 5, 2020, 8:55 am

(Apr 5, 2020 02:10 AM)KO_Sickskillz Wrote: [\[CITE\]](#) Well, title kind of says it all, since about November I've just been at random times feeling like Clay Davis, no matter how much joy or excitement i get from my wife, kids, job online etc daily I get sunk back into just feeling tired and sad. Maybe you're not feeling happy with something bro...try to figure out.

Why don't you try to take a vacation after this pandemic and explore things around you.

But please never get tired of taking care of your family (Wife & Kids) They were your source of happiness most of the times.

zFacetious - April 5, 2020, 8:56 am

(Apr 5, 2020 08:55 AM)Yanix26 Wrote: [\[CITE\]](#) Maybe you're not feeling happy with something bro...try to figure out.

Why don't you try to take a vacation after this pandemic and explore things around you.

But please never get tired of taking care of your family (Wife & Kids) They were your source of happiness most of the times.

I have never, and will never leave my family. In my opinion they are the most important thing in this world.

Yanix - April 5, 2020, 8:57 am

(Apr 5, 2020 08:56 AM)KO_Sickskillz Wrote: [\[CITE\]](#) I have never, and will never leave my family. In my opinion they are the most important thing in this world.

Thank you brother...I really admire people with those kind of principle in life.

May God bless you and your family. Keep safe guys. Have a wonderful day :)

Xtreme™ - April 5, 2020, 8:58 am

(Apr 5, 2020 08:56 AM)KO_Sickskillz Wrote: [\[CITE\]](#) I have never, and will never leave my family. In my opinion they are the most important thing in this world.

Never ever leave your family mate! Yes, they are the most important people in the world :)

Families are the compass that guides us. They are the inspiration to reach great heights and our comfort when we occasionally falter

Stay Home, Stay Safe!

Cheers!

Pow3r - April 5, 2020, 9:15 am

(Apr 5, 2020 06:09 AM)BiggL Wrote: [\[CITE\]](#) Smoke some Weed see if it will increase the quality of your life. ?

I am sure it will ??

I am not anti weed but doing drugs of any kind when you aren't in a good state of mental health is a bad idea and potentially harmful. Underlying issues should be addressed, not covered over with something.

BiggL - April 5, 2020, 9:21 am

weed is not drugs my freind.. I use weed on a day to day and I have a normal life

[quote='KO_Sickskillz' pid='59597543' dateline='1586101886']

The odd time I do, but it is hard with a 5month and a 3year old haha

Glad to hear it man, it will get easier with time.. maybe rather try get some oils for your tea or coffee in the morning, dont even need a high just a positive outlook boost from the thc

Pow3r - April 5, 2020, 9:31 am

(Apr 5, 2020 09:21 AM)BiggL Wrote: [\[CITE\]](#) weed is not drugs my freind.. I use weed on a day to day and I have a normal life

(Apr 5, 2020 08:51 AM)KO_Sickskillz Wrote: [\[CITE\]](#) The odd time I do, but it is hard with a 5month and a 3year old haha

Glad to hear it man, it will get easier with time.. maybe rather try get some oils for your tea or coffee in the morning, dont even need a high just a positive outlook boost from the thc

Ok I'll rephrase. Don't take things that alter your mental state when you are already not mentally 100%. Just because it works for you doesn't mean it will for others. Like I said, nothing against weed per se, but be on a level playing field before you do. Each to their own, do what you like but that's my advice.

Yck - April 5, 2020, 9:32 am

(Apr 5, 2020 06:12 AM)Burnham Wrote: [\[CITE\]](#) Do you lift? Do you eat healthy meals?
Good point !

Pow3r - April 5, 2020, 9:34 am

(Apr 5, 2020 09:32 AM)Yck Wrote: [\[CITE\]](#) Good point !

A much overlooked point as well. Raising testosterone and reducing stress hormones can have a massive and very positive effect on mental health.