

Forum:[Hack Forums](#)

Thread: [How do you cope \[deal\] with depression?](#)

The Avengers - July 25, 2020, 12:10 pm

Before I start this thread I do want to say, depression is no joke but sometimes we feel down and can't help it. I want to know what you do (if anything) to help cope with depression and mitigate it's effects.

Personally I try to surround myself with friends to help keep my mind of things but that doesn't always work as well as I'd like. Sometimes "disconnecting" from everything for a bit will also help.

Free Kurdistan - July 25, 2020, 12:22 pm

Sometimes there's nothing to do but let it breeze by. Some days are really bad, dark and foggy. What I try to do is talk with friends whether it's on Discord or seeing them IRL. When I don't do that I spend a lot of time on HF, watching favorite videos on YT (preferably long and interesting so I spend time and won't think about the next move). I also try my best to force myself to work out and get my thoughts on something different.

Dopamine - July 25, 2020, 12:22 pm

Usually I'm making a nice car ride with good music then my happiness came back

I don't recommend you to smoke weed when you're sad.. I was doing this before and it's make just you more sad.

Blockonome - July 25, 2020, 12:22 pm

Usually realizing that it does not really matter whether you are depressed or not, you still have to deal with life and then I go and deal with life.

?roye - July 25, 2020, 12:23 pm

I try not to feel depressed or miserable, but if I do, I try to sleep or distract myself by doing something i love.

Free Kurdistan - July 25, 2020, 12:27 pm

(Jul 25, 2020 12:23 PM)Troye. Wrote: [\[CITE\]](#) I try not to feel depressed or miserable, but if I do, I try to sleep or distract myself by doing something i love.

Distraction is my main thing to do while depressed. As I said in my post whether it's YT videos, talking with friends or sports.

?roye - July 25, 2020, 12:28 pm

(Jul 25, 2020 12:27 PM)Habbo Wrote: [\[CITE\]](#) Distraction is my main thing to do while depressed. As I said in my post whether it's YT videos, talking with friends or sports.

That's awesome, I hope you get well soon OP.

Vibe - July 25, 2020, 12:31 pm

In unhealthy ways, like drinking and smoking, I don't know how to talk to anyone or even my self about my problems and what's wrong, it's been getting bad lately, I'm scared.

SIM-4641956 - July 25, 2020, 12:31 pm

Depression is a very difficult thing to fight, surely being with friends helps a lot, I don't think there is anything better, life is difficult and it is full of sad moments, but we must learn to overcome them.

Filthy Frank - July 25, 2020, 12:32 pm

If you're talking about an actual depression, try to talk to some good friend that you fully trust or go to some psychologist / therapist who can help you out.

Having someone to listen to you helps a lot (in my opinion).

In the case of the good friend, it's nice knowing that someone cares about you (eventough they might have to say it like 1000x before you finally listen to whatever they are saying).

Besides that, if I'm able, I just distract myself, preferbly with some friends chilling/gaming, but that's only if I'm feeling being social at all. Otherwise I'd go bingewatch some series or movies.

Other than that, try to split your day up in small tasks and see whatever you can get done, no shame in not finishing all of them, but try to do them.

Every day try to do more than the last day, don't become lazy unless you really need the rest.

But most important of all, it will get better over time (especially if you got some people to support you), for me personally it took over a year to feel back "normal" again.

But if I'm just a bit upset or feel a bit down for a day, yeah just distracting myself helps, driving my car around with some good music or whatever.

Zexi - July 25, 2020, 12:44 pm

I dont actually know tbh its just on and off for me. Usually i just plow through it by preoccupying myself with either hobbies or work.

Ejaculating also helps a ton, refreshes you and its completely natural.

The Avengers - July 25, 2020, 2:19 pm

All of these responses are amazing and have some very useful information for dealing with depression. I do think if someone is going through a really rough time then professional help is needed, but there are times that even the professional help doesn't work like it should and just surrounding yourself with friends/family works wonders. Sometimes even just giving yourself a pep talk can help when you're feeling a bit down.

Personally I do battle with random "episodes" of depression and a lot of time I dwell on the past and what I could have done differently. At the end of the day though I try to keep my head up and remember how lucky I am to be where I am. I hope anyone reading this that is struggling with depression understands that it will get better, this feeling is only temporary. Life has it's ups and downs, don't let it hold you down & never quit fighting.

itcorp - July 25, 2020, 2:27 pm

Physical activity - People who are depressed usually do very little of any type of physical activity, which is one of the ways in which a depressed mood is maintained and supported. Physical inactivity is both a consequence and a cause of depressed mood.How to feel good if you spend the whole day at home without any physical engagement. The only way out of that vicious circle is to literally force yourself to move and get out of the house, even if it's against your current mood.

The Avengers - July 25, 2020, 2:30 pm

(Jul 25, 2020 02:27 PM)itcorp Wrote: [CITE](#) Physical activity - People who are depressed usually do very little of any type of physical activity, which is one of the ways in which a depressed mood is maintained and supported. Physical inactivity is both a consequence and a cause of depressed mood.How to feel good if you spend the whole day at home without any physical engagement. The

only way out of that vicious circle is to literally force yourself to move and get out of the house, even if it's against your current mood.

I agree, even just taking a walk around your neighborhood/apartment complex to get some fresh air will help quite a lot.

itcorp - July 25, 2020, 2:38 pm

(Jul 25, 2020 02:30 PM)The Avengers Wrote: [\[CITE\]](#) I agree, even just taking a walk around your neighborhood/apartment complex to get some fresh air will help quite a lot.

Exactly, it is best have some kind of plan and start with easier and simple activities as you mentioned it may be difficult at first but in time you will feel much better.

popZmoke - July 25, 2020, 2:40 pm

just find a job or something, money is the cure to happiness

The Avengers - July 25, 2020, 2:44 pm

(Jul 25, 2020 02:38 PM)itcorp Wrote: [\[CITE\]](#) Exactly, it is best have some kind of plan and start with easier and simple activities as you mentioned it may be difficult at first but in time you will feel much better.

Always gotta keep trying and pushing yourself.

(Jul 25, 2020 02:40 PM)popZmoke Wrote: [\[CITE\]](#) just find a job or something, money is the cure to happiness

This is not true at all, money is not the cure to happiness. I have a good job and a really good career path. Financials are not always the issue nor "cure" depression, sure it may help some but others not so much.

itcorp - July 25, 2020, 3:03 pm

(Jul 25, 2020 02:44 PM)The Avengers Wrote: [\[CITE\]](#) This is not true at all, money is not the cure to happiness. I have a good job and a really good career path. Financials are not always the issue nor "cure" depression, sure it may help some but others not so much.

Smart reply buddy, money is like raindrops on the sand if a person has no health.

The Avengers - July 25, 2020, 3:04 pm

(Jul 25, 2020 03:03 PM)itcorp Wrote: [\[CITE\]](#) Smart reply buddy, money is like raindrops on the sand if a person has no health.

Exactly, I always thought when I was younger that one meant everything and then I slowly started to realize that wasn't true.

itcorp - July 25, 2020, 3:06 pm

(Jul 25, 2020 03:04 PM)The Avengers Wrote: [\[CITE\]](#) Exactly, I always thought when I was younger that one meant everything and then I slowly started to realize that wasn't true.

When wealth is lost, nothing is lost, when health is lost, almost everything is lost. -Dostoevsky

Yanix - July 25, 2020, 3:07 pm

(Jul 25, 2020 02:40 PM)popZmoke Wrote: [\[CITE\]](#) just find a job or something, money is the cure to happiness

Cure to happiness or loneliness?

I guess money can't buy everything but it was really a necessity in order to obtain happiness.

The more money you have the more obligations in life you will be bearing.

I guess in order to cope up depressions is to have peace of mind, the feel of secured and being loved.

Artisan - July 27, 2020, 1:56 am

i follow your basic strategy, keeping myself surrounded by friends who are a positive influence and who dont affect my mood adversely. I also keep myself very busy so as to not let my mind wander aimlessly.

The Avengers - July 27, 2020, 1:58 am

(Jul 27, 2020 01:56 AM)Artisan Wrote: [\[CITE\]](#) i follow your basic strategy, keeping myself surrounded by friends who are a positive influence and who dont affect my mood adversely. I also keep myself very busy so as to not let my mind wander aimlessly.

I honestly think this one of my best ways of dealing with it as well. Unfortunately though I have a habit to dwell on the past for what seems to be no reason and I'll find myself randomly through out the day thinking myself into a corner because of it.

The Dude - July 27, 2020, 1:59 am

I know in one hand it is so hard to deal with life and in one when you got depression it feel so fucked every second of life i have faced some . Just got suggestion to get involved and get busy on sone work and dont give tome to think nonsense.

Artisan - July 27, 2020, 2:04 am

(Jul 27, 2020 01:58 AM)The Avengers Wrote: [\[CITE\]](#) I honestly think this one of my best ways of dealing with it as well. Unfortunately though I have a habit to dwell on the past for what seems to be no reason and I'll find myself randomly through out the day thinking myself into a corner because of it.

I tend to do that too, after all the mind sways from time to time. My trick to get out of that is to laugh, tell myself that I was stupid back then, wish the best for the people involved and get back to the task at hand. ?

The Avengers - July 27, 2020, 2:09 am

(Jul 27, 2020 02:04 AM)Artisan Wrote: [\[CITE\]](#) I tend to do that too, after all the mind sways from time to time. My trick to get out of that is to laugh, tell myself that I was stupid back then, wish the best for the people involved and get back to the task at hand. ?

That's some really good advice, thank you! I definitely will try to do this bedtime it happens. I appreciate it.

Maxie - July 27, 2020, 2:20 am

When I get overwhelmed with emotion, no matter if it's depression or anxiety, I try to go for a walk or a run. If I am too anxious for that, I take a hot bath, which usually helps me focus more on the waters temperature than the anxiety for a while, which is usually enough to let go.

hfrocket1713 - July 27, 2020, 8:27 am

I was real depressed in Feb - April. Like very very depressed. What's changed? Surrounding my self with people tbh. Also I quit smoking pot as it always put me in my head and made me think about depressing shit.

Just try to distract yourself dawg.

ThisisthePaul - August 11, 2020, 8:52 am

Depression if you mean clinical, is a chemical imbalance and you need SOME medication. Otherwise all is psychological and it is caused by YOU. I am not saying that to be rude or "accuse" you, knowing that YOU is producing those thoughts is actually liberating, you can think of other things if you want. What you suffer from is excessive imagination. This imagination tho is focused on "what would go wrong". There are many reasons for that, the main being "fight or flight". Fight or flight anxiety (blood rushing to your hands to run for your life, quick heart beats sweating etc) is

triggered in the jungle to fight a big animal or a thief yada yada Now in our society life we consider "paying bills" "going to school" "going to job" as animals and thieves, and paradoxically in cities (which is way more safe ACTUALLY than a jungle) we get a lot more of fight or flight reactions from what we would get if we would live in a jungle. This fake "fight or flight" is the basis of fake fight or flight (anxiety which leads to depression). You believe that "something out there, in the -big bad world-" will do some hurt to you, so you rationalize this by being "empty or sad". What do I mean by that. I mean that the main reason "gratitude" is an important practice, even if you fake it a little in the beginning is that it takes away the fake fight or flight. For example when you wake up and you remind yourself that "now I am alive" "no war is happening in this room, city country...." "I'm completely safe" "most of the stuff like food home opportunities is already here" "I'm thankful for that". It might seem stupid but it is actually TRUE. All the extra stuff is excessive imagination controlled by your unconscious primitive programming that causing anxiety and further down the road depression, you feel life has no meaning (you have seen everything already yadayada which means you think that everything is PAST, which is not true, every day something new is happening). So those are my scattered thoughts on depression. What I would recommend as a solution is to make your imagination conscious. What imagination does is taking data from your past as building blocks and recreating a scenario in your head. So instead of letting your imagination creating uncontrollably, commit yourself 5 minutes each day in creating funny scenarios in your head, this will break the thought pattern of depressive scenarios and you will start feel happier again. Another practice is daily gratitude reminding yourself the things you LIKE and writing them down. They seem simple, but they really work. That's all from me, hope you the best.

Political - August 11, 2020, 9:50 am

(Jul 25, 2020 12:10 PM)The Avengers Wrote: [\[CITE\]](#) Before I start this thread I do want to say, depression is no joke but sometimes we feel down and can't help it. I want to know what you do (if anything) to help cope with depression and mitigate it's effects.

Personally I try to surround myself with friends to help keep my mind of things but that doesn't always work as well as I'd like. Sometimes "disconnecting" from everything for a bit will also help. Just try to stay close to my family because my depression didn't originate from them.

?ystem - August 11, 2020, 10:13 am

When I was around 19-20, I had crippling depression and even the various medications I practiced with wouldn't do much in the way of helping me and making the depressing thoughts to go away. At the worst of times, I had to resort to saying "STOP!" aloud to snap me out of the deep, dark cavern that was my depression. Then I would force myself to think happier thoughts and relying on logic to break me free of the spell.

To this day, thankfully, my depression has gotten exceedingly better and almost non-existent, but I do have the occasional bout but I know how to usually get myself out of it. My method usually involves forcing yourself/myself to approach the depression with logic, relying on it to help me process what's going on and how it usually is unnecessary or unwarranted.

I would also force myself to get out of my bubble and be around those whom I love, care for, and who make life worth living. Just know, everyone who is battling with depression that it isn't permanent and there is very much so an end to it if you put in the effort. Talk about what's going on with someone you love and respect, seek out a Psychologist/Psychiatrist/Therapist who can help you process what's going on and help you to move beyond it. Don't be afraid to get help, to trust someone, and to let the love you share, feel, and are given by your friends, family, and other loved people/animals.

If any of you want someone to talk to, please feel free to send me a PM and we can work through

this together.

I'm genuinely happy to help and listen to what you're going for, to be a friend in your corner who has your back.

wizardblizzard - August 11, 2020, 10:26 am

Relationships, doordash, marijuana and nicotine. ;)

Bob the Builder - September 21, 2020, 7:49 am

Face your fears and don't avoid the things that you find difficult.

Be more active and take some form of exercise.

Poet - September 21, 2020, 8:54 am

Sports, healthy diet and figure out first if your friends aren't just a**holes that keep you down

Bob the Builder - September 24, 2020, 8:23 pm

(Jul 25, 2020 02:19 PM)The Avengers Wrote: [\[CITE\]](#) All of these responses are amazing and have some very useful information for dealing with depression. I do think if someone is going through a really rough time then professional help is needed, but there are times that even the professional help doesn't work like it should and just surrounding yourself with friends/family works wonders. Sometimes even just giving yourself a pep talk can help when you're feeling a bit down.

Personally I do battle with random "episodes" of depression and a lot of time I dwell on the past and what I could have done differently. At the end of the day though I try to keep my head up and remember how lucky I am to be where I am. I hope anyone reading this that is struggling with depression understands that it will get better, this feeling is only temporary. Life has it's ups and downs, don't let it hold you down & never quit fighting.

interesting and good advice.

Blogger - September 25, 2020, 5:13 pm

I don't have any friends anymore because they were all bad influences. I met them all during a bad time in my life, so they had to go. If I had friends, dealing with my depression would be easier. I just write, go on the computer, smoke weed, etc. Just keep going...

razzberry.crypto - September 25, 2020, 5:26 pm

For me, there is no coping mechanism, even the drugs can only do so much. I just carry on I guess...

mike.vronsky - September 26, 2020, 7:48 am

when i feel sad i sounder myself the people i love or those who are motivated I listen motivation videos and read quotes i make my self busy and try to keep calm my mind its help me alot

mindshift5 - October 2, 2020, 11:04 pm

You actually need to let those feelings out first..

Going to places like parks... Basking in the wonders of mother nature really helps the mind..

Starks - October 4, 2020, 7:46 am

I would suggest you talk to a mental health professional about your condition. They'll for sure find a perfect solution for it.

OnePiece - October 5, 2020, 1:01 am

(Jul 25, 2020 02:44 PM)The Avengers Wrote: [\[CITE\]](#) Always gotta keep trying and pushing yourself.

This is not true at all, money is not the cure to happiness. I have a good job and a really good career path. Financials are not always the issue nor "cure" depression, sure it may help some but others not so much.

Money isn't happiness, and it won't cure depression. I know some people that are rich, but are depressed. You can work hard in what you love, and earn little but you're happy.

(Oct 2, 2020 11:04 PM)mindshift5 Wrote: [\[CITE\]](#) You actually need to let those feelings out first.. Going to places like parks... Basking in the wonders of mother nature really helps the mind.. Nature helps us center our mind, and release what stresses us. According to studies, nature helps us focus on something pure, and a harmless bacteria found in soil can act as an anti-depressant.