Forum:Hack Forums

Thread: How my anxiety and depression feels.

Password12 - *August 25, 2020, 7:57 am*

What does anxiety and depression feel to other people? Well let's say for me it feels like an empty air tight jar... Nothing can go in, and nothing can go out. This jar is empty, feels usless, and thinks no one needs it around. On the inside of the jar, you can't breathe because it feels like there is no air, and my chest starts to hurt like there is a blazing fire burning, and you feel like there is no escaping that jar... I feel closed in and suffocated which will tend to leave my heart pounding, chest hurting and Palms sweating... sometimes I just feel like not getting out of bed. Other times I feel okay enough to try to do something but then my eyes start pouring out like Niagra falls. My hands shake and I feel like I have to escape something I can't run from. My mind races and over thinks, and often my mind is tangled with thoughts, and problems that run through my life and your mind obsesses over has ultimately ruined a lot of good things in my life and usually only occurs when I'm in this state. Now it has gotten so bad that I have to self medicate with marijuana to feel normal and function in normal society. Comment below and share your anxiety and depression experiences.

Regulus - *August 25, 2020, 8:00 am*

1. No motivation
2. Sadness
3. Thinking about old memories
4. No energy to do anything
5. Stay in bed, yes
6. Crying, fuck yes
7. Being social to family / friends? Fuck no
8. Being isolated, hell to the yes
9. Dark thoughts, yup
10. Suicidal? Uhm most of the time

I mean, I can relate to so much in what you're typing / explaining buddy for real.
If you ever need someone to talk to I am here <3

Password12 - *August 25, 2020, 8:14 am*

(Aug 25, 2020 08:00 AM)Regulus Wrote: *[CITE]* 1. No motivation
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Same here man, keep on living

Raikou - *August 25, 2020, 8:25 am*

https://www.youtube.com/watch?v=lsKf9abQvFQ&t=4s
depression isn't real. thank me later.

Password12 - *August 25, 2020, 8:40 am*

(Aug 25, 2020 08:25 AM)Raikou Wrote: *[CITE]*
https://www.youtube.com/watch?v=lsKf9abQvFQ&t=4s
depression isn't real. thank me later.
Tell the doctor who diagnosed me and tell my brain that... See people who don't have It think it's fake, when in all reality it's something people struggle with severely on a daily basis... I mean look at Robin williams. He suffered from depression but still went on with his happy movies and everyone thought he was happy, but no he ended his life due to depression.. he couldn't take it anymore.

Raikou - *August 25, 2020, 8:45 am*

(Aug 25, 2020 08:40 AM)Password12 Wrote: *[CITE]* Tell the doctor who diagnosed me and tell my brain that... See people who don't have It think it's fake, when in all reality it's something people struggle with severely on a daily basis... I mean look at Robin williams. He suffered from depression but still went on with his happy movies and everyone thought he was happy, but no he ended his life due to depression.. he couldn't take it anymore.
watch the video. your comment already proves his points.

AsSaSs@iN - *August 26, 2020, 5:26 am*

Fortunately I haven't experienced depression but have my fair share of anxiety (probably at a normal level to most). I found a few quotes for you that I really try to live by. If I feel overwhelmed I'll often go for a long walk and sit in a quiet, natural place and remember these things.

"If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person." —Fred Rogers
"Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough happiness provided for it." —Fyodor Dostoevsky, Notes From Underground
"There are far, far better things ahead than anything we leave behind." —C.S. Lewis

Things that really help me manage my anxiety:
1. exercise - semi frequently
2. talking about things making me anxious to others - to friends to vent, to parents/my partner for perspective, to professionals to understand.
3. working on the things that make me anxious. Baby steps. Don't be hard on yourself if you don't make any progress some days.
4. keep busy with things where you're held accountable (ie showing up to work on time, showing up to volunteering things, showing up to sports training/game)
5. Forgive yourself on lazy days.
6. Forgive yourself when you slip out of routine.
7. Attempt to try a little better the next day.

We are so fortunate to be alive. We have made it through 100% of days to-date. There's no reason why we can't make it through more.

Sending love <3

SIM-3871390 - *August 26, 2020, 1:29 pm*

I used to have alot of depression and anxiety like you mentioned, it is all a mindset.

You need to spend time alone and find out why you are feeling like it, Life is amazing but if you focus on negatives you're thoughts will become reality

Some things that may help
- Semen retention
- Meditation
- Sun/Moon gazing
- Daily exercise
- Healthy diet
- Drink atleast 2L water daily
- Quit drugs