

Forum:[Hack Forums](#)

Thread: [Best ways to cope with stress during lockdown?](#)

NRmarketing - November 16, 2020, 12:26 pm

I'm sure I'm not the only one suffering from this, any tips would be useful. Working out at home still keep sane i guess.

Doctor. - November 16, 2020, 12:55 pm

Pretend like it simply doesn't exist

NRmarketing - November 16, 2020, 1:37 pm

(Nov 16, 2020 01:55 PM)Legendary DrSpicyHot Wrote: [\[CITE\]](#) Pretend like it simply doesn't exist its hard man i feel like my career that i loved doing fell through as i need to travel a lot. I'm blessed to have other streams of income to stay financial fine but you know this was a career i LOVED you get me?

rsx - November 16, 2020, 1:40 pm

What helped me the most was extracurricular activities. I went months just sitting in the same spot in my room for months, doing college and such. I have been going outside at least once a day, whether it be for maintaining my car or some yard work. It helped my mood and motivation so much. I also have been trying to socialize with family or friends at least once a week.

hogan - November 22, 2020, 9:48 am

Different people have different ways to get rid to stress, some smoke a cigarette, some listen to their favorite music and some do their workout. I usually play video games to get rid of my stress and it has been a great way to lift my mood whenever I feel stressed up and can't go out because of the lockdown situation. Luckily, there are some amazing games released during this lockdown which include the likes of [Animal Crossing: New Horizons](#), [Desperados III](#) and [Wasteland 3](#). There are also many excellent games releasing in near future which include the likes of [cyberpunk 2077](#) and [Halo Infinite](#) so for all the gaming lovers, there will be plenty of good options to spend great time at home while playing such high quality games.

SantanDave - November 22, 2020, 2:01 pm

Get outside and go for a walk listening to music. Will help clear your head

patricialaining2000 - December 21, 2020, 9:52 am

Focus and love your job. Having a job or business will make you survive. Imagine being a jobless nowadays. It will depress you more.