

Forum:[Hack Forums](#)

Thread: [Feeling tired all the time...](#)

FlowerontheMoon - February 2, 2021, 2:09 am

Hi ?,

Been in online school for a weeks / months and I'm already exhausted. Tired to watch the lessons online... it is not real life anymore.. Covid etc..

What should i do? Drop out of school, do some hacking stuff or.. take a break...

Do you have some exp like me? Or do you have some advice for me...

I love to be on HF most of the time. It gave me some energy and some purpose in my life.

FlashyBeach - February 2, 2021, 2:12 am

Eat well

Work out

Drink enough water for your body weight

Sleep 8 hours per night

If HF gives you energy and purpose you might be too far gone.

ZeroOne - February 2, 2021, 2:49 am

Hello OP,

I recommend getting school over with especially since you're doing it online. It's less effort getting to classes.

On the side, you can start learning other things that can make you some sort of side income for the future.

Good luck.

Koyote - February 2, 2021, 2:52 am

You cannot overvalue exercise or just getting outside for a bit, it's the best thing for most problems. It's sounds counterintuitive to say "hey you're tired so go do something that requires energy" but you'll find it's a different kind of energy. You're overworking your mind while your body deteriorates, so you need to take care of both, and you'll find that when it's balanced your energy levels will share equally in a more efficient way and you'll be able to tackle problems with more clarity. Your body is a system of muscles, and your brain is a kind of muscle too, you have to work everything otherwise you're setting up other parts for failure.

L0RE - February 2, 2021, 2:54 am

My uni lectures and everything are online so I feel your pain. What I like to do is wake up early (8/9am), workout and go on runs and have a cold shower. You will feel good about yourself and will still have time to do your work.

The more I sit at home doing nothing except school work, the more I feel tired. Also when revising,

take mini breaks after an hour or so

FlowerontheMoon - February 2, 2021, 4:26 am

(Feb 2, 2021 03:49 AM)ZeroOne Wrote: [\[CITE\]](#) Hello OP,

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Thanks for the advice, maybe i will use your homework service.. Is it for Uni to ?

(Feb 2, 2021 03:54 AM)LORE Wrote: [\[CITE\]](#) My uni lectures and everything are online so I feel your pain. What I like to do is wake up early (8/9am), workout and go on runs and have a cold shower. You will feel good about yourself and will still have time to do your work.

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Mini breaks = Sleeping = missing lessons.

ZeroOne - February 2, 2021, 4:52 am

(Feb 2, 2021 05:26 AM)FlowerontheMoon Wrote: [\[CITE\]](#) Thanks for the advice, maybe i will use your homework service.. Is it for Uni to ?

Mini breaks = Sleeping = missing lessons.

You're welcome.

The homework service advertised in my signature is actually run by the user [Brock Obama](#) not myself. You'd have to ask them for more details about it or take a look at their thread!

Dopamine - February 2, 2021, 5:20 am

This is called depression Sir.. :(

Btw good job for your Golden Hackuman Egg :)

siddy357 - February 2, 2021, 5:49 am

(Feb 2, 2021 03:09 AM)FlowerontheMoon Wrote: [\[CITE\]](#) Hi ?,

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I love to be on HF most of the time. It gave me some energy and some purpose in my life. Better take a look at your diet before you take any drastic decisions.

Utility - February 2, 2021, 7:52 am

Having a vitamin d deficiency during colder days or in general have been attributed to depression or overall physical health.

dBusta - February 2, 2021, 9:20 am

Just take your life in your own hands . Do not let the situation to take advantage ! Go outside as much as it possible . Eat helthy , drink lots of water + green tea and some vitamin D . Find a fitness hobby ! Also sharing your feelings with the family and friends is a good idea . Connection with people is important (I mean IRL) ! Wish you the best !

2xTheTap115 - February 2, 2021, 9:30 am

(Feb 2, 2021 03:09 AM)FlowerontheMoon Wrote: [\[CITE\]](#) Hi ?,

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Do you have some exp like me? Or do you have some advice for me...

I love to be on HF most of the time. It gave me some energy and some purpose in my life. He has two pieces of advice for you: the first is to get on with the routine and do something "different" in your life. For example, try to learn something new or do something you wouldn't normally do (legal of course?). He personally helps me to break away from reality, regenerate my strength so that I can return to my normal activities with redoubled strength. And the second advice is you damn well have gold as, don't let it fall, brother??

FlowerontheMoon - February 2, 2021, 10:25 am

(Feb 2, 2021 10:30 AM)2xTheTap115 Wrote: [\[CITE\]](#) He has two pieces of advice for you: the first is to get on with the routine and do something "different" in your life. For example, try to learn something new or do something you wouldn't normally do (legal of course?). He personally helps me to break away from reality, regenerate my strength so that I can return to my normal activities with redoubled strength.

And the second advice is you damn well have gold as, don't let it fall, brother??

Thanks for the advice, just started today with some new (LEGAL) lessons online. Just getting back on track. Working out on my C sources etc... ?

2xTheTap115 - February 2, 2021, 10:27 am

(Feb 2, 2021 11:25 AM)FlowerontheMoon Wrote: [\[CITE\]](#) Thanks for the advice, just started today with some new (LEGAL) lessons online. Just getting back on track. Working out on my C sources etc... ?

I am glad that I could give you advice. All the best for you??

jecoylecoy - February 2, 2021, 6:30 pm

(Feb 2, 2021 03:09 AM)FlowerontheMoon Wrote: [\[CITE\]](#) Hi ?,

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I love to be on HF most of the time. It gave me some energy and some purpose in my life. I'm thinking that you need a girlfriend.

Stork - February 2, 2021, 6:33 pm

Wow nice OP you got a gold egg from this one!

A + - *February 2, 2021, 8:44 pm*

Muscle through it, we've all hit that brick wall before. It'll get better, you only have a couple of months left.

ghostboy - *February 3, 2021, 12:28 am*

Make sure to step back and take a breath every once in a while. Whens the last time you got to catch up on some hobby you wanted to play around with? You deserve a cooler every bit