

Forum:[Hack Forums](#)

Thread: [Advice on Handling Mood Swings?](#)

wraxu - November 19, 2021, 3:22 am

Since I've been at University, my mood is honestly changes so much day to day. I don't think I suffer from depression or any personality disorder but it's honestly becoming a problem. It makes my productivity vary SO much depending on the day. On days where I'm in a bad mood I'm motivated to do my work, go gym and get stuff done and when I'm in a good mood I end up just doing nothing all day (I know, it's backwards).

Obviously it's made much worse by drinking, my fucked up sleep schedule and women. I know life is full of up and downs but I need advice on having a more stable mood in my life.

Cyam - November 19, 2021, 3:31 am

I guess change your lifestyle and stick to the routine.

Eggsy - November 19, 2021, 3:46 am

(Nov 19, 2021 04:22 AM)wraxu Wrote: [\[CITE\]](#) Since I've been at University, my mood is honestly changes so much day to day. I don't think I suffer from depression or any personality disorder but it's honestly becoming a problem. It makes my productivity vary SO much depending on the day. On days where I'm in a bad mood I'm motivated to do my work, go gym and get stuff done and when I'm in a good mood I end up just doing nothing all day (I know, it's backwards).

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Put your phone away and go for a 15 minute walk at the least, each day. Especially when you're in a mood. Look at, and contemplate the surrounding beauty this world offers. The chirping of the birds, the crisp winter air, the bright blue sky. Just take it all in. Close your eyes and ask yourself "why am i in a mood?" Fix it. Work on it. Change.

You are the capable of the change in yourself.

I believe in you, bro.

NurSpec - November 20, 2021, 12:16 am

Change the situation that you're in if possible, when you feel a mood swing coming on.

Scoppa - November 20, 2021, 1:57 am

Life is better with a little of weed.

Rahul007rhp - November 20, 2021, 1:59 am

(Nov 20, 2021 02:57 AM)Scoppa Wrote: [\[CITE\]](#) Life is better with a little of weed.

Damn i had to agree with you. Add a little bit of chill music with it and would be perfect !

Can - November 20, 2021, 3:30 am

Do something productive or take a break for a bit when you feel like that!

ThatDevAaron - November 20, 2021, 3:31 am

Weed my friend, weed heals all.

I recommend Hash, Hash is a chilled smoke, chilled high, not over the top like how weed can sometimes be. Its like a better lean.

Xen - November 20, 2021, 3:49 am

(Nov 19, 2021 04:22 AM)wraxu Wrote: [\[CITE\]](#) Since I've been at University, my mood is honestly changes so much day to day. I don't think I suffer from depression or any personality disorder but it's honestly becoming a problem. It makes my productivity vary SO much depending on the day. On days where I'm in a bad mood I'm motivated to do my work, go gym and get stuff done and when I'm in a good mood I end up just doing nothing all day (I know, it's backwards).

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Speak to your GP even if you think the advice is shit it's still worth talking to them about. But find a routine mix both gym and work in your day to day excluding your days off. Give yourself a balance.

Orb - November 20, 2021, 3:25 pm

What helps me a lot is having a routine. Wake up around the same time everyday, go to bed on time, get enough sleep, hit the gym. Just push yourself to stick to it and get shit done, I promise you you'll feel better.

Lrrr - November 20, 2021, 4:22 pm

I suggest you start taking anabolic steroids and start going to the gym

wraxu - March 1, 2022, 4:15 pm

I go to the gym, it was better for a long time but honestly it's not better, going out+drinking is just a distraction.

agent - March 1, 2022, 5:33 pm

(Nov 20, 2021 05:22 PM)Lrrr Wrote: [\[CITE\]](#) I suggest you start taking anabolic steroids and start going to the gym

Classic one lmfao ??

r3byte - March 2, 2022, 2:52 pm

My advice would be 2 things.

Add/find a change in your routine, especially in the mornings.

Physical workouts are good for overall enegery through the rest of the day, but for those who don't wish to workout, light or energetic music in the morning (depends on what you prefer) is good to energise the mind.

Last, some remedial sort of intake. Whether that be more fruit, healthy meals, more water, cbd/medicinal treatments or generally something you intake that you enjoy :)