

Forum:[Hack Forums](#)

Thread: [Depression how do you guys deal?](#)

SIM-3221368 - February 21, 2023, 8:30 am

People, who deal with severe depression and anxiety how do you deal? Meditation doesn't do very much for me. Music is a hit or miss as well.

vxckmsa - February 21, 2023, 4:00 pm

(Feb 21, 2023 09:30 AM)SIM-3221368 Wrote: [\[CITE\]](#) People, who deal with severe depression and anxiety how do you deal? Meditation doesn't do very much for me. Music is a hit or miss as well. you can spend more time on HF. Hope you feel better soon!

diablospartan - February 22, 2023, 7:40 am

Did you go to a therapist ? Maybe it will be able to help also for me it helps meditation ,gratitude ,positive music and sport

SIM-3221368 - February 22, 2023, 8:24 am

(Feb 22, 2023 08:40 AM)diablospartan Wrote: [\[CITE\]](#) Did you go to a therapist ? Maybe it will be able to help also for me it helps meditation ,gratitude ,positive music and sport
I went to a therapist a few years ago and was diagnosed with some kind of depressive disorder. No longer have the funds to resume have begun trying alternative means of healing.

Eran - February 23, 2023, 3:33 am

(Feb 22, 2023 09:24 AM)SIM-3221368 Wrote: [\[CITE\]](#) I went to a therapist a few years ago and was diagnosed with some kind of depressive disorder. No longer have the funds to resume have begun trying alternative means of healing.

Don't you have free resources, aka going to a public therapist? I don't know if that's a thing where you live, but here you can visit the therapist for free if you don't want to go to a private clinic. Were you put on any meds before? What does your day consist of right now?

CayenneGTS - March 4, 2023, 9:07 am

It's all mental in my opinion. I've dealt with addiction, depression, anxiety. You need to stop feeling sorry for yourself and just from a day to another change the way your mind thinks. Tell yourself your okay. Do productive things, find things that give you happiness such as playing a sport, gyming, finding a friend/mate that you can talk to, find ways to make money can be anything really.

I know that it's the toughest specially when your so low but you just need to tell yourself It's not going to get any worse can only get better from this point!

Fallout 3 - March 4, 2023, 9:46 am

(Mar 4, 2023 10:07 AM)CayenneGTS Wrote: [\[CITE\]](#) It's all mental in my opinion. I've dealt with addiction, depression, anxiety. You need to stop feeling sorry for yourself and just from a day to another change the way your mind thinks. Tell yourself your okay. Do productive things, find things that give you happiness such as playing a sport, gyming, finding a friend/mate that you can talk to, find ways to make money can be anything really.

I know that it's the toughest specially when your so low but you just need to tell yourself It's not going to get any worse can only get better from this point!
this could sound "basic" but it's actually a really good advice , try your best to get something

positive out of this situation , you're in a shit position right? well the positive thing is that you can try your best to "get out" of it.

PS : it's not easy at all i know myself i've been in a "shit" situation for over 5/6 years and i haven't done as many steps forward as I wished I had

Player - March 4, 2023, 10:27 am

(Mar 4, 2023 10:07 AM)CayenneGTS Wrote: [CITE](#) It's all mental in my opinion. I've dealt with addiction, depression, anxiety. You need to stop feeling sorry for yourself and just from a day to another change the way your mind thinks. Tell yourself your okay. Do productive things, find things that give you happiness such as playing a sport, gyming, finding a friend/mate that you can talk to, find ways to make money can be anything really.

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I totally agree with this! thanks for the advice.

Smexy - March 4, 2023, 11:09 am

I had depressoexpresso, then I started bettering myself for myself and it worked like a charm.

Nostre - March 4, 2023, 11:43 am

(Mar 4, 2023 10:07 AM)CayenneGTS Wrote: [CITE](#) It's all mental in my opinion. I've dealt with addiction, depression, anxiety. You need to stop feeling sorry for yourself and just from a day to another change the way your mind thinks. Tell yourself your okay. Do productive things, find things that give you happiness such as playing a sport, gyming, finding a friend/mate that you can talk to, find ways to make money can be anything really.

I know that it's the toughest specially when your so low but you just need to tell yourself It's not going to get any worse can only get better from this point!

This post is perfect.

If you're feeling depressed, it could be a signal from your body and mind that you need to make some changes in your life. You likely listen to your boss at work because you respect them, so why not extend that same respect to yourself and listen to your body's messages?

Think of anxiety as excitement. When you're about to ride a rollercoaster for the first time, you may feel anxious, but it's actually your body expressing excitement. Try reframing things and exploring the true message of the moment.

I hope you'll take the necessary steps to improve your life.

MySadness - March 4, 2023, 12:32 pm

Music made me more depressed.You can pass your time with child.Sometimes,It may help some people.

It's was my previous experience.Though I am in very depression now for my father illness :(.

God bless you and your family!

Trilloquence - March 5, 2023, 10:11 am

I just recently started Sertraline im at 50mg at the moment doc wants me at 150, but thing is before starting them I'd have horrible anxiety, daily, panic attacks multiple times per day... since i've been on them my anxiety has been baseline not there... but for the trade of the brightness of life i'd want to call it.... I just don't really know how to explain it at the moment so will continue with increase as

doc wants and see how things go... people say these don't really actually help help til 2+ weeks so...

Cheers,
~Trill

LSD - March 5, 2023, 3:29 pm

(Feb 21, 2023 09:30 AM)SIM-3221368 Wrote: [\[CITE\]](#) People, who deal with severe depression and anxiety how do you deal? Meditation doesn't do very much for me. Music is a hit or miss as well.

<https://hackforums.net/showthread.php?tid=6235301>

Read my story. forget about the pills.