

Forum:[Hack Forums](#)

Thread: [What's your go-to when you're tired or in a bad mood?](#)

perm - October 14, 2023, 12:56 pm

When I'm feeling tired or in a bad mood, I usually head to the gym for a good weightlifting session, and/or I will listen to some good old "classic" songs like "Not Afraid" by Eminem to get in a better mood.

What about you? What do you do to get in a better mood when you're feeling down?

Komodo - October 14, 2023, 1:19 pm

The gym, and I'll get even more pissed off.
Then whiskey.

nextmark - October 14, 2023, 1:49 pm

I do the same things XD

Tho sometimes I listen Love The Way You Lie or Space Bound. Eminem is good :D

Local Celeb - October 14, 2023, 1:57 pm

Music It depends lol I'll just hit shuffle.

When I'm pissed I exercise and work through it logically

Other than that just smoke weed, man- It means no worries.

Charlie Sheen - October 14, 2023, 2:22 pm

Sleep. Just force myself to go to bed and wake up hopefully feeling better about the situation.

Truth - October 14, 2023, 3:03 pm

I just think, thinking precedes emotions. so if one is emotionally sad its usually from a thought they have. I personally explore it as deeply and thoroughly as possible even if it hurts, especially if it hurts.

sometimes its good to feel bad for a little while so you can feel great for longer while

Trust - October 14, 2023, 3:38 pm

Unfortunately, food.
Then I get depressed about eating so much.

Repeat cycle.

No Bra - October 14, 2023, 3:43 pm

When I'm feeling sick, that's when my appetite rises, I will eat anything.

V?rt - October 14, 2023, 7:43 pm

When I'm tired, I normally go for a nice cup of coffee. If I'm in a bad mood, I just hope on some video games.

??CU?I?? ™ - October 14, 2023, 7:51 pm

(Oct 14, 2023 12:56 PM)perm Wrote: [\[CITE\]](#) When I'm feeling tired or in a bad mood, I usually head to the gym for a good weightlifting session, and/or I will listen to some good old "classic" songs like "Not Afraid" by Eminem to get in a better mood.

What about you? What do you do to get in a better mood when you're feeling down?

I listen to few good chill artists like " Man of No Ego " Playlist. Sit on my rooftop with a view of lake. And have some Bourbon Whiskey on the rocks.

<https://soundcloud.com/manofnoego>

Jinu - October 14, 2023, 8:04 pm

Yes, music always surpass every pain. I usually listen to music when I'm down. Between when I listen to "Not Afraid", it boost up my mind.

WebArt - October 14, 2023, 8:20 pm

this days i leave whisky that's why right now i just walk in my garden and lessen some peaceful music

Deany - October 14, 2023, 11:25 pm

To me, some good food always cheers me up.

??CU?I?? ™ - October 14, 2023, 11:27 pm

(Oct 14, 2023 11:25 PM)Deany Wrote: [\[CITE\]](#) To me, some good food always cheers me up. Just the food or drinks also ?

Deany - October 14, 2023, 11:31 pm

(Oct 14, 2023 11:27 PM)??CU?I?? ™ Wrote: [\[CITE\]](#) Just the food or drinks also ?
I mean I just drink a basic soda on the side lol

??CU?I?? ™ - October 14, 2023, 11:39 pm

(Oct 14, 2023 11:31 PM)Deany Wrote: [\[CITE\]](#) I mean I just drink a basic soda on the side lol
Okay. That counts in drink ?

Money- - October 14, 2023, 11:54 pm

Pretty much just rest or if I wana have a peace of mind I go club.

Alien8ed - October 15, 2023, 12:16 am

(Oct 14, 2023 12:56 PM)perm Wrote: [\[CITE\]](#) When I'm feeling tired or in a bad mood, I usually head to the gym for a good weightlifting session, and/or I will listen to some good old "classic" songs like "Not Afraid" by Eminem to get in a better mood.

What about you? What do you do to get in a better mood when you're feeling down?

When I'm in a bad mood (it wouldn't apply to when you're tired), go for a walk as far as possible, when I return home I reset.

Artisan - October 15, 2023, 12:27 am

(Oct 14, 2023 12:56 PM)perm Wrote: [\[CITE\]](#) When I'm feeling tired or in a bad mood, I usually head to the gym for a good weightlifting session, and/or I will listen to some good old "classic" songs like "Not Afraid" by Eminem to get in a better mood.

What about you? What do you do to get in a better mood when you're feeling down?

I have 5 go-to things to uplift my mood.

1. Spending time with my wife and kid
2. Chilling with friends. Only sober stuff as we're all past those phases.
3. Tv-shows
4. Anime
5. Movies

Endorphins - October 15, 2023, 12:30 am

Either I go to sleep immediately to rest my tired body or play a competitive match to further burden my mentally exhausted self.

Money- - October 15, 2023, 1:26 am

(Oct 15, 2023 12:30 AM)Endorphins Wrote: [\[CITE\]](#) Either I go to sleep immediately to rest my tired body or play a competitive match to further burden my mentally exhausted self.

These competitive match dnt do well honestly you need good reflexes and all I assume is just to relief stress that's about it.

Cyam - October 15, 2023, 1:27 am

I just lie on my couch and be on my phone

DashPHP - October 15, 2023, 1:30 am

I'd probably ripp the bong

Bastille - October 15, 2023, 1:49 am

Drink, sit behind my computer and work on cybersecurity / hacking stuff

Endorphins - October 15, 2023, 3:35 am

(Oct 15, 2023 01:26 AM)Money- Wrote: [\[CITE\]](#) These competitive match dnt do well honestly you need good reflexes and all I assume is just to relief stress that's about it.

It is so if you're planning to relieve some stress, don't do a solo queue. It is much better to lose together with your homies than some random peeps.

(Oct 15, 2023 01:30 AM)DashPHP Wrote: [\[CITE\]](#) I'd probably ripp the bong
Lucky! In my country, they're still debating whether a divorce is needed or not.

(Oct 15, 2023 01:49 AM)Yseurk Wrote: [\[CITE\]](#) Drink, sit behind my computer and work on cybersecurity / hacking stuff

Off-topic, do you have work every day in that kind of field? Like is there a threat every day for you to defend?

Sorry, but I'm really just curious about that kind of work.

Money- - October 15, 2023, 3:39 am

(Oct 15, 2023 03:35 AM)Endorphins Wrote: [\[CITE\]](#) It is so if you're planning to relieve some stress, don't do a solo queue. It is much better to lose together with your homies than some random peeps.

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Watching a movie alone might worked fine but yea , gets really sleepy afterwards for real especially

horror movies and all.

Endorphins - October 15, 2023, 3:40 am

(Oct 15, 2023 03:39 AM)Money- Wrote: [\[CITE\]](#) Watching a movie alone might worked fine but yea , gets really sleepy afterwards for real especially horror movies and all.

I wish I could go back to times when watching movies brings joy to me. They were all meh to me nowadays regardless of what their rating is. ?

Money- - October 15, 2023, 3:42 am

(Oct 15, 2023 03:40 AM)Endorphins Wrote: [\[CITE\]](#) I wish I could go back to times when watching movies brings joy to me. They were all meh to me nowadays regardless of what their rating is. ? Its been a long time I did movies honestly more than 2 or 3 years , ofcus yea I do watch some good ones once in a while like john wick etc or just the genre I like but nah man games , movies and u know these shits can't do me no more nowadays. Its mostly \$\$\$ that gives me the real drug lol. But maybe not so anymore due to getting used to it.

Endorphins - October 15, 2023, 3:56 am

(Oct 15, 2023 03:42 AM)Money- Wrote: [\[CITE\]](#) Its been a long time I did movies honestly more than 2 or 3 years , ofcus yea I do watch some good ones once in a while like john wick etc or just the genre I like but nah man games , movies and u know these shits can't do me no more nowadays. Its mostly \$\$\$ that gives me the real drug lol. But maybe not so anymore due to getting used to it.

Seems like adulthood also hits you. Yeah, I feel you. I even bought some hype games but the enthusiasm I had for all the games seems gone nowadays.

Money- - October 15, 2023, 4:02 am

(Oct 15, 2023 03:56 AM)Endorphins Wrote: [\[CITE\]](#) Seems like adulthood also hits you. Yeah, I feel you. I even bought some hype games but the enthusiasm I had for all the games seems gone nowadays.

Hit me long ass time ago. It is what it is. Its time to move on and speaking of relieving stress , I find myself going to clubs with a group of friends or maybe just 3 of us just u know drink and chill just siting there and stare straight listening to the beat and seeing the people and all is pretty much a stress relieve or peace of mind for me nowadays.

Endorphins - October 15, 2023, 4:08 am

(Oct 15, 2023 04:02 AM)Money- Wrote: [\[CITE\]](#) Hit me long ass time ago. It is what it is. Its time to move on and speaking of relieving stress , I find myself going to clubs with a group of friends or maybe just 3 of us just u know drink and chill just siting there and stare straight listening to the beat and seeing the people and all is pretty much a stress relieve or peace of mind for me nowadays.

Oh yes! Shits getting real. I also love drinking with some of my buddies. It's just kind of ironic as I always viewed drinking as a bad habit/bad trait as a kid but look who's loving it now? Hahaha ?

Hungry4Knowledge - October 15, 2023, 4:58 am

I just lay down on the couch and watch funny stuff on my tablet. Important to let my partner know I am in one of those moods that has to pass on it's own, not by cheering up. My bad moods usually don't last long anyway.

Alpha Geek - October 15, 2023, 5:07 am

Usually coffee and video games. Although recently exercise tends to help me in most cases, even just some nice stretching.

Bastille - October 15, 2023, 5:29 am

(Oct 15, 2023 03:35 AM)Endorphins Wrote: [\[CITE\]](#) Off-topic, do you have work every day in that kind of field? Like is there a threat every day for you to defend?

Sorry, but I'm really just curious about that kind of work.

When I'm working I work from monday to friday, some companies are also looking for people who can work in the week-ends, and other also look for people who want to work during the night, that depends.

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Othewise on the week-end I'm studying, building labs, doing some rooms on TryHackMe for example. Working in cybersecurity needs you to learn constantly

Hope I answered your question, if not feel free to say it

Pancake Boat - October 15, 2023, 5:46 am

Usually the couch or my lounge chair to read.

Endorphins - October 15, 2023, 6:01 am

(Oct 15, 2023 05:29 AM)Yseurk Wrote: [\[CITE\]](#) When I'm working I work from monday to friday, some companies are also looking for people who can work in the week-ends, and other also look for people who want to work during the night, that depends.

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Othewise on the week-end I'm studying, building labs, doing some rooms on TryHackMe for example. Working in cybersecurity needs you to learn constantly

Hope I answered your question, if not feel free to say it

This is enough for me to imagine that it is a tedious job. Thank you and I do hope you're doing just fine.

Bastille - October 15, 2023, 6:04 am

(Oct 15, 2023 06:01 AM)Endorphins Wrote: [\[CITE\]](#) This is enough for me to imagine that it is a tedious job. Thank you and I do hope you're doing just fine.

Yeah the "worst" part is the need of being constantly updated about new type of attacks, new malware, threats, tools, and so on ... But if you like it, you can still enjoy and avoid the burn-out haha

Endorphins - October 15, 2023, 6:10 am

(Oct 15, 2023 06:04 AM)Yseurk Wrote: [\[CITE\]](#) Yeah the "worst" part is the need of being constantly updated about new type of attacks, new malware, threats, tools, and so on ... But if you like it, you can still enjoy and avoid the burn-out haha

I only dipped my toes in malware analysis as I do love to know their workaround and latest evasion technique. But that was a thing in the past as my busy schedule doesn't allow me to play anymore.

Money- - October 15, 2023, 6:13 am

(Oct 15, 2023 04:08 AM)Endorphins Wrote: [\[CITE\]](#) Oh yes! Shits getting real. I also love drinking with some of my buddies. It's just kind of ironic as I always viewed drinking as a bad habit/bad trait as a kid but look who's loving it now? Hahaha ?

Hah I am no drinker or alchoholic to begin with , not really addicted to that substance but that shit for sure makes me feel calmer and my body relaxed after a certain amount of glass. I never got drunk before tho , whenever I had enough or my throat starts to get dry I always switch it to Ice water to cleanse and balance it out again until I drink another glass of alcohol.

perm - October 15, 2023, 9:17 am

(Oct 15, 2023 04:08 AM)Endorphins Wrote: [\[CITE\]](#) Oh yes! Shits getting real. I also love drinking with some of my buddies. It's just kind of ironic as I always viewed drinking as a bad habit/bad trait as a kid but look who's loving it now? Hahaha ?

Interesting. Don't you feel like absolute shit afterwards though?

Mnemonic - October 15, 2023, 10:59 am

When angry or feel like exploding, go outside and run that's the best way to release natural endorphins and get "the runners high". If still feeling down after the run, roll up a 2.5g wood of some yabadoo and light that shit up. Hell, if feeling down after that, I go to sleep and next day usually wake up feeling better.

Endorphins - October 15, 2023, 5:27 pm

(Oct 15, 2023 06:13 AM)Money- Wrote: [\[CITE\]](#) Hah I am no drinker or alcoholic to begin with , not really addicted to that substance but that shit for sure makes me feel calmer and my body relaxed after a certain amount of glass. I never got drunk before tho , whenever I had enough or my throat starts to get dry I always switch it to Ice water to cleanse and balance it out again until I drink another glass of alcohol.

Always drink in moderation buddy. ?

(Oct 15, 2023 09:17 AM)perm Wrote: [\[CITE\]](#) Interesting. Don't you feel like absolute shit afterwards though?

I don't let the peer pressure get into me. When I feel getting dizzy, I always say no but I won't leave the table and just continue with our story. That's why I am always one of the few people who drive them home.

LeetSpeed - October 15, 2023, 7:24 pm

My cat. He knows when I'm down and starts to do weird and funny things.

NERO - October 15, 2023, 7:27 pm

Might sound silly, Might sound gross.

I was told by a mentor that before any big decision, if your stressed, Pissed off etc, Go jerk.

Clears your head and stops unnecessary emotions get in the way.

Blazin - October 15, 2023, 7:32 pm

Coffee and some good food honestly.

jcole - October 15, 2023, 7:35 pm

I used to smoke, but I've cut that habit out and have been sober. I don't get upset much anymore, but I think when I do.. I'll call my father and explain to him what's on my mind, and he calms me down.

4N0NY - October 15, 2023, 7:39 pm

Music and a fine taste of whiskey are all I need to set my mood.

perm - October 16, 2023, 11:36 am

(Oct 15, 2023 07:39 PM)4N0NY Wrote: [\[CITE\]](#) Music and a fine taste of whiskey are all I need to set my mood.

Haha. What about hangovers afterwards though?

4N0NY - October 16, 2023, 11:16 pm

(Oct 16, 2023 11:36 AM)perm Wrote: [\[CITE\]](#) Haha. What about hangovers afterwards though? That's a million-dollar question but a hangover is better than a bad mood. No?

Tor - October 17, 2023, 2:37 am

(Oct 14, 2023 12:56 PM)perm Wrote: [\[CITE\]](#) When I'm feeling tired or in a bad mood, I usually head to the gym for a good weightlifting session, and/or I will listen to some good old "classic" songs like

"Not Afraid" by Eminem to get in a better mood.

What about you? What do you do to get in a better mood when you're feeling down?

Eminem's a damn legend! Cranking up some metal or hardcore rap does the trick. Sometimes, just smashing things in a video game or going on a mad night out with the homies.

perm - October 19, 2023, 6:57 am

(Oct 17, 2023 02:37 AM)Tor Wrote: [\[CITE\]](#) Eminem's a damn legend! Cranking up some metal or hardcore rap does the trick. Sometimes, just smashing things in a video game or going on a mad night out with the homies.

Yeah. I wish he would start releasing more tracks like his old ones.

Koyote - October 19, 2023, 7:32 am

Some cool synth music, dim the lights a bit, maybe get a snack and a drink, blaze up if one is in that mood, and relax with my girl.

Grim - October 19, 2023, 7:36 am

The gym for me, or unfortunately drinking but not so much anymore :)

iiFinance - October 19, 2023, 7:40 am

Gym is something I do 5x a week regardless of how I feel. Going to my job, eating correctly, side hustles, etc I'll get it done.

If I'm in a bad mood and once all my work is done for the day, I'll smoke a bit of weed tbh helps me relax. I kind of keep my anger inside of myself and unfortunately it usually just comes out all at once esp when I'm drunk. Something I should work on tbh.

Tor - October 19, 2023, 7:44 am

(Oct 19, 2023 06:57 AM)perm Wrote: [\[CITE\]](#) Yeah. I wish he would start releasing more tracks like his old ones.

Who knows maybe his next album will be better then the old ones. The new one I didn't like it too much tho.

perm - October 21, 2023, 9:26 am

(Oct 19, 2023 07:44 AM)Tor Wrote: [\[CITE\]](#) Who knows maybe his next album will be better then the old ones. The new one I didn't like it too much tho.

I'm not sure he focuses that much on creating a new album right now unfortunately.

Cap - October 21, 2023, 9:28 am

Gym, whiskey, friends, a good drive, good music, and family. Usually something along those lines will always take care of the problem!

Proof - October 21, 2023, 12:13 pm

Depends how bad.

Can be anywhere from sleeping it off, to getting a drink, going to spend time with family to take my mind off it or even a casino.

protege - October 21, 2023, 12:48 pm

Going to sound cringe but Hope and optimism, I just gotta have hope and be optimistic that things/i will be better. Eventually i end up feeling(on the inside) alot better.

Laughing Man - October 21, 2023, 1:10 pm

Smoke weed, go for long drives, sing songs, play games?

I mean many people have different coping mechanisms I find you shouldn't do one single one too often or it'll burn out and mean less in the overall destressing.

Tor - October 21, 2023, 1:18 pm

(Oct 21, 2023 09:26 AM)perm Wrote: [\[CITE\]](#) I'm not sure he focuses that much on creating a new album right now unfortunately.

Eventually he will make a new album.

Laughing Man - October 21, 2023, 1:20 pm

(Oct 19, 2023 06:57 AM)perm Wrote: [\[CITE\]](#) Yeah. I wish he would start releasing more tracks like his old ones.

Eminem is great but lets face it all he does now is defend his title. He's put out so much amazing music and he is getting old. I'm sure he wants to just sit back and enjoy life too.

He does a shit ton of features now.

Lyrica - October 21, 2023, 5:06 pm

Whenever I'm feeling drained or just out of sorts, I always resort to an old playlist of mine, consisting of just Juice WRLD and Rammstein. These 2 always lift my spirits. And, if that doesn't do the trick, a brisk walk outside usually helps. Sometimes, simply switching off from tech and grabbing a physical book (or my Kindle) is all I need to reset.

Laughing Man - October 21, 2023, 5:09 pm

(Oct 21, 2023 05:06 PM)Lyrica Wrote: [\[CITE\]](#) Whenever I'm feeling drained or just out of sorts, I always resort to an old playlist of mine, consisting of just Juice WRLD and Rammstein. These 2 always lift my spirits. And, if that doesn't do the trick, a brisk walk outside usually helps. Sometimes, simply switching off from tech and grabbing a physical book (or my Kindle) is all I need to reset.

I am a huge TOOL fan, but I am absolutely insanely jealous I've never been able to see a Rammstein concert, I want to be front row and get hit with the foam from their dick cannon they use at shows, I think it would be incredible.

Lyrica - October 21, 2023, 5:13 pm

(Oct 21, 2023 05:09 PM)Laughing Man Wrote: [\[CITE\]](#) I am a huge TOOL fan, but I am absolutely insanely jealous I've never been able to see a Rammstein concert, I want to be front row and get hit with the foam from their dick cannon they use at shows, I think it would be incredible.

TOOL rocks! And man, this Monday I got Feuerzone tickets for their upcoming Euroep Stadium Tour! My dad is 64 and I bought tickets for him without even asking him, lol - luckily he thought it was a crazy idea, but still would love to go. Their shows are absolutely legendary. I saw them in Odense, Denmark last year. Epic. Hope you get to catch them live soon!

Laughing Man - October 21, 2023, 5:16 pm

(Oct 21, 2023 05:13 PM)Lyrica Wrote: [\[CITE\]](#) TOOL rocks! And man, this Monday I got Feuerzone tickets for their upcoming Euroep Stadium Tour! My dad is 64 and I bought tickets for him without even asking him, lol - luckily he thought it was a crazy idea, but still would love to go. Their shows are absolutely legendary. I saw them in Odense, Denmark last year. Epic. Hope you get to catch them live soon!

I saw them in Phoenix, Arizona in Jan 2020 before the world closed down and I just found out my BIL & SIL just bought them and my wife and I all tickets to go to TOOL in Feb! I don't care what Job I have, I'm off that day.

Lyrica - October 21, 2023, 5:26 pm

(Oct 21, 2023 05:16 PM)Laughing Man Wrote: [\[CITE\]](#) I saw them in Phoenix, Arizona in Jan 2020 before the world closed down and I just found out my BIL & SIL just bought them and my wife and I all tickets to go to TOOL in Feb! I don't care what Job I have, I'm off that day.

That sounds amazing!! I'm just a tad bit jealous. And kudos to your BIL & SIL for that epic surprise. Some events are just too important to miss, work or no work. Hope you have an unforgettable time.

Laughing Man - October 21, 2023, 5:28 pm

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I'll go see them every single time until Maynard decides he's done.

However Rammstein I desperately want to see.

Lyrica - October 21, 2023, 5:29 pm

(Oct 21, 2023 05:28 PM)Laughing Man Wrote: [\[CITE\]](#) I'll go see them every single time until Maynard decides he's done.

However Rammstein I desperately want to see.

I fear time might be running out for Rammstein; last year, Till looked a bit worn out. But you can never know. He also had that case over him at that time (the allegations were revealed the day before they played in Odense iirc).

Buddy, you type too fast. My hands and fingers hurt now. I must rest.

Laughing Man - October 21, 2023, 5:30 pm

(Oct 21, 2023 05:29 PM)Lyrica Wrote: [\[CITE\]](#) I fear time might be running out for Rammstein; last year, Till looked a bit worn out. But you can never know. He also had that case over him at that time (the allegations were revealed the day before they played in Odense iirc).

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Exactly my wife told me to go to Europe and see them in Germany this year before it's too late.

Eran - October 22, 2023, 4:50 am

For the past few months, either weed or working out.

Biggs - October 22, 2023, 4:51 am

The gym, and I'll get even more pissed off.

Then protein.

Biggs - October 22, 2023, 4:53 am

(Oct 22, 2023 04:52 AM)Dyne Wrote: [\[CITE\]](#) When I'm in a bad mood I spank Biggs.

I don't know man, is that why you are always in a bad mood?

gorrr - October 22, 2023, 5:12 am

Music helps the best during this situation. Either listening to music and doing some work or just relaxing.

Mulatto - October 22, 2023, 5:54 pm

I have ideas of revolution and i'm starting to take an interest in companies that exploit those who don't want to become informed and free. In the end, it's like attacking babies. Trouble persists and i lose motivation. Life is so boring! Eating, going to the toilet to poop and pee, and sleeping, we go round in circles.

