

Forum:[Hack Forums](#)

Thread: [I'm bipolar and feel very sad.](#)

JNath - January 21, 2024, 5:53 am

After the last manic episode I had last summer I got very lazy and depressed. Now I'm very sad and just sleep most of the time. I want to do something productive so I can make money but I want to do something which can be done from my home because I get so many panic attacks leaving my home.

Tell me what would be the best thing I should do which can help me do something productive while being bipolar as this thing is not going away all my life :(

Jamika - January 21, 2024, 6:11 am

This should be advised from forum, you must visit a doctor to take the suitable medicine

Slumerican ? - January 21, 2024, 9:32 am

Consider trying magic mushrooms as they may offer significant help with your current challenges. Best of luck.

V?rt - January 21, 2024, 9:38 am

Man don't come to a forum for help. I mean yeah there may be other members with the same condition and be able to give you advice, but the best advice will always be to seek a doctor. It should always be step 1. You can try a medicine to help your condition and if you find that doesn't help, then try some other things.

DashPHP - January 21, 2024, 9:40 am

You should definitely seek a doctor because what you're saying sounds pretty significant.

Amnesiac - January 21, 2024, 2:13 pm

Try mood stabilisers they help a lot

Charlie Sheen - January 22, 2024, 1:02 am

There's a lot of sellers that offer people to become resellers. Social media panels, account sellers, upgraders, IPTV sellers. I recommend doing something like that. Most of the hard work is already done, all you have to do is advertise it and try to push it around.

I go through times like this myself sometimes. Try to find small achievements to go for every day. Very small goals and feel great about doing them.

JNath - January 22, 2024, 6:19 am

To everyone saying I should see a doctor, guys I'm already seeing a psychiatrist and taking my meds everyday but these meds make me lazy so I wanted to ask what's something I can do from my home and earn a living. I'm thinking of coding but it requires too much concentration and effort. I'm a Computer Science and Engineering graduate but most of the classes were in COVID and with my illness I've forgotten many things.

Goku - January 22, 2024, 6:24 am

(Jan 21, 2024 10:32 AM)Slumerican ? Wrote: [\[CITE\]](#) Consider trying magic mushrooms as they may offer significant help with your current challenges. Best of luck.

Bro honestly, I love shrooms. But, don't ever advise someone on the internet to use it to fix their mental problems.

Psychedelics have been known to make it even worse, when used wrongly.

The last thing we would want is to make OP's situation somewhat worse.

Having said that. Shrooms has given me a better perspective of life, I felt awakened at that moment. Being able to reconcile with my inner self. Sadly, not everyone had the same experience.

(Jan 22, 2024 07:19 AM)Cypress.io Wrote: [\[CITE\]](#) To everyone saying I should see a doctor, guys I'm already seeing a psychiatrist and taking my meds everyday but these meds make me lazy so I wanted to ask what's something I can do from my home and earn a living. I'm thinking of coding but it requires too much concentration and effort. I'm a Computer Science and Engineering graduate but most of the classes were in COVID and with my illness I've forgotten many things.

What are your hobby's?

What do you do for fun?

What are the things that you do that gives you energy?

Also, sounds like you need a wake up call. Life goes on with or without you. Life won't give you a break just because you're sad. You need to pick yourself up and start caring for yourself because nobody else will. I know this sounds harsh, and you might have family members who do care about you. But, in the end, you are required to be able to take care of yourself.

SIM-4331310 - January 22, 2024, 6:58 am

Bro just remember you got this..perhaps for a while there you stopped believing in yourself..you got this....

JNath - January 22, 2024, 7:11 am

(Jan 22, 2024 07:58 AM)SIM-4331310 Wrote: [\[CITE\]](#) Bro just remember you got this..perhaps for a while there you stopped believing in yourself..you got this....

Bro it's been 5 years, I can't see light :(

SIM-4331310 - January 22, 2024, 7:17 am

Like most said..get the help..see the doctor..get the medicine....

You got this....

Lil Buddy - January 22, 2024, 8:24 am

im bipolar and also have severe anxiety with panic attack. I get depressed alot aswell but the one medication that has help me tremendously is Lamotrigine. It took around 2 months to get a steady dose but i haven't had a episode since.

Koyote - January 22, 2024, 8:42 am

What are your skills? What are your hobbies? Do you have goals/dreams that you'd like to reach that you don't know how to get to etc? Tell us more about you, I'm sure we can help.

JNath - January 22, 2024, 9:53 am

(Jan 22, 2024 09:42 AM)TheCuriousCoyote Wrote: [\[CITE\]](#) What are your skills? What are your hobbies? Do you have goals/dreams that you'd like to reach that you don't know how to get to etc? Tell us more about you, I'm sure we can help.

Dream was to move to USA after getting righ experience in IT.

But my hobby I'd say would be to freelance from home which can make me like 1-1.5K/month when I'm willing to put 40+ hours in a week.

anoncrab - February 13, 2024, 1:12 am

Don't take advice from people on this forum, you should seriously see a doctor. Wish you the best of luck on getting better mentally though. <3