

Forum:[Hack Forums](#)

Thread: [Relaxation](#)

oscast - January 25, 2024, 12:00 am

What helps you to relax the most? I find it extremely relaxing to just sit on my phone In the car for a little while before I go inside so I can help myself release any stress and not go into the house feeling some sort of way, kind of trying to separate work from home.

Deany - January 25, 2024, 12:23 am

I like the steam from a hot sauna

Jacked - January 25, 2024, 12:37 am

Nothing. Always under tension.

Jamika - January 25, 2024, 1:23 am

(Jan 25, 2024 01:00 AM)oscast Wrote: [\[CITE\]](#) What helps you to relax the most? I find it extremely relaxing to just sit on my phone In the car for a little while before I go inside so I can help myself release any stress and not go into the house feeling some sort of way, kind of trying to separate work from home.

The sea and sitting to the beach is my best, but also i like listening to quran, help me calm alot

Yanix - January 25, 2024, 1:44 am

(Jan 25, 2024 01:00 AM)oscast Wrote: [\[CITE\]](#) What helps you to relax the most? I find it extremely relaxing to just sit on my phone In the car for a little while before I go inside so I can help myself release any stress and not go into the house feeling some sort of way, kind of trying to separate work from home.

Watching movies or series on Netflix while on the bed ?

diiaz - January 25, 2024, 2:46 am

Taking a hot shower always calms me down alot. Love them personally.

Glowman - January 25, 2024, 2:49 am

(Jan 25, 2024 01:00 AM)oscast Wrote: [\[CITE\]](#) What helps you to relax the most? I find it extremely relaxing to just sit on my phone In the car for a little while before I go inside so I can help myself release any stress and not go into the house feeling some sort of way, kind of trying to separate work from home.

Chilling with friends. I forgot everything

Charlie Sheen - January 26, 2024, 12:14 am

I like to go into the bathroom and turn on the shower and just hang out in there without getting in. Well I end up getting in but I take my time, I go on my phone, I read and think about stuff. I know it's the one place I can go and nobody in the house is going to bother me.

?nxy - January 26, 2024, 1:03 am

Ambient music and mindfulness

Hackers - January 26, 2024, 5:58 am

I like light tickles or sensory touch.

I like rain, waves, and calming sounds in background.

that's mostly for sleep.

If I am stressed mentally then the best bet is to shut off all sensory, all noise and close my eyes to just "decompress" and then use the peace to sort out any issues (plan to fix, plan to do something that results in less stress - usually work related).