

# Forum:[Hack Forums](#)

Thread: [Seasonal Affective Disorder](#)

**Kalvaxas** - March 22, 2024, 4:40 pm

I'm curious if anyone here has SAD, and what they do during the winter to not be depressed all the time (other than medications)? I know therapy is a thing, but what do you guys do when you just can't shake it, and playing games and watching media doesn't really work? It's a real crap feeling for sure. Any ideas?

**Jamika** - March 22, 2024, 4:47 pm

I dont have it, but why dont u try to get urself busy may be with family or friend?

**Kalvaxas** - March 22, 2024, 4:50 pm

(Mar 22, 2024 04:47 PM)Jamika Wrote: [\[CITE\]](#) I dont have it, but why dont u try to get urself busy may be with family or friend?

That's a really good idea. Though when I'm really down in the dumps because of SAD, socialization just doesn't come to mind. All I want to do is sleep. And eat. Sometimes I'll feel like my life has no meaning, and wonder what my purpose is. Therapy has helped a lot in terms of improvement, but it's still so hard.

**MDE** - March 22, 2024, 4:57 pm

For me personally just pushing past the overwhelming feeling of "I don't want to do anything". Things that help with this can be as simple as exposing yourself to sunlight, going for a walk; things of that nature. You could even try giving yourself something to look forward too in the near future. Maybe a new video game is coming out soon that you really want to play, skys the limit

**Kalvaxas** - March 22, 2024, 5:02 pm

(Mar 22, 2024 04:57 PM)coolcat52 Wrote: [\[CITE\]](#) For me personally just pushing past the overwhelming feeling of "I don't want to do anything". Things that help with this can be as simple as exposing yourself to sunlight, going for a walk; things of that nature. You could even try giving yourself something to look forward too in the near future. Maybe a new video game is coming out soon that you really want to play, skys the limit

Ahhh, see that's a great perspective to have. Reward yourself for getting through it. Or even getting through certain stages. I do notice that fresh air exposure helps tremendously, even if it's freezing cold outside. The downside is it's freezing cold outside, so you're paying for it physically by mentally feeling better ?

You're right though, the sky really is the limit with creativity in action.

**MDE** - March 22, 2024, 5:04 pm

(Mar 22, 2024 05:02 PM)Kalvaxas Wrote: [\[CITE\]](#) Ahhh, see that's a great perspective to have. Reward yourself for getting through it. Or even getting through certain stages. I do notice that fresh air exposure helps tremendously, even if it's freezing cold outside. The downside is it's freezing cold outside, so you're paying for it physically by mentally feeling better ?

You're right though, the sky really is the limit with creativity in action.

I've suffered my fair share of mental health issues, if you ever need someone to chat too about mental health you can always shoot me a PM :)

**Kalvaxas** - March 22, 2024, 5:07 pm

(Mar 22, 2024 05:04 PM)coolcat52 Wrote: [\[CITE\]](#) I've suffered my fair share of mental health issues, if you ever need someone to chat too about mental health you can always shoot me a PM :)

Much appreciated! It's taken me most of my life to realize some things just can't be handled on your own. That it's okay to ask for help. Asking for help only makes you stronger. That wasn't how I was raised though, so that's why it took forever to essentially re program my thought process.

**Syndicate** - March 22, 2024, 10:37 pm

Honestly I get bad seasonal depression when I can't ride my motorcycle. I know how ridiculous that it sounds, but riding has made me absolutely more FREE than I have ever felt in my life

**Kalvaxas** - March 22, 2024, 10:39 pm

(Mar 22, 2024 10:37 PM)Syndicate Wrote: [\[CITE\]](#) Honestly I get bad seasonal depression when I can't ride my motorcycle. I know how ridiculous that it sounds, but riding has made me absolutely more FREE than I have ever felt in my life

It definitely makes sense. Way back in my college days when I drove a moped, I felt the same way. Some days I actually left class early because I didn't feel like going and just wanted to ride my moped to clear my mind.

**Catnip6591** - March 30, 2024, 2:13 am

Yep, get it every season when it gets really dark outside. Hits hard bro

**Deany** - March 30, 2024, 4:27 am

Tbh I never heard of this "SAD" thing or whatever

**SIM-5457022** - March 31, 2024, 10:44 am

(Mar 22, 2024 04:40 PM)Kalvaxas Wrote: [\[CITE\]](#) I'm curious if anyone here has SAD, and what they do during the winter to not be depressed all the time (other than medications)? I know therapy is a thing, but what do you guys do when you just can't shake it, and playing games and watching media doesn't really work? It's a real crap feeling for sure. Any ideas?

I don't have it but when I am depressed. I just read technical books or go on youtube and watch some spooky videos... that always cheers me up.

**Eran** - April 1, 2024, 6:03 am

Well not diagnosed but I definitely feel the symptoms of this.

**Aeowulf** - April 1, 2024, 6:06 am

I no longer have this problem... I spend my time outside and in the woods.

**Grim** - April 1, 2024, 10:16 am

normally no havnt been feeling that

**DemonAsylum** - April 1, 2024, 12:10 pm

I've spoken with people that claim to have such a thing, but I've never experienced anything like it myself. I can see how it would be pretty crappy to hit a certain part of the year and just be more generally down or whatever and with it seemingly out of your hands, for no good reason, etc.