

Forum:[Hack Forums](#)

Thread: [I'm really depressed](#)

Ilovemesomequxik - April 2, 2024, 12:23 am

Idk why but for the past few weeks I've been really depressed and stressed

bevc - April 2, 2024, 12:24 am

How old are you? Life gets easier as you get older, particularly if you're a depressive.

Mooooookie - April 2, 2024, 12:43 am

(Apr 2, 2024 12:23 AM)Ilovemesomequxik Wrote: [\[CITE\]](#) Idk why but for the past few weeks I've been really depressed and stressed

Hope you can get yourself out of the rut. Depression can be a dangerous thing, especially when left untreated. I know it may not mean much while depressed, but I quick loved your post... Feel the love man!!!

Always here if you need someone to talk to.

The Pact - April 2, 2024, 1:00 am

Exercise, counselling and antidepressants are the three ways out of depression. Make sure you get some sun with sun hat on and some fresh air too.

Goku - April 2, 2024, 3:15 am

(Apr 2, 2024 01:00 AM)The Pact Wrote: [\[CITE\]](#) Exercise, counselling and antidepressants are the three ways out of depression. Make sure you get some sun with sun hat on and some fresh air too. And having positive people around you.

Eran - April 2, 2024, 3:21 am

Have you gone out lately?

Have you exercised today?

Have you slept well?

Have you talked to another human today?

Have you been limiting your screentime?

Have you been avoiding alcohol and drugs?

frostsurge - April 5, 2024, 4:50 am

(Apr 2, 2024 12:23 AM)Ilovemesomequxik Wrote: [\[CITE\]](#) Idk why but for the past few weeks I've been really depressed and stressed

Hey, it ain't much but I find a few things tend to keep me going when shit's not going great. Maybe they'll be good for you too:

In the mornings, try and get some sunlight as early as possible. For about 5 minutes at least just let the sunrays hit you while you do whatever. Use your phone, read, anything.

Might be worth going for a walk or a run now and again, some fresh air really does seem to straighten the mind. Just get outside for a while, ideally each day.

Surround yourself with good people you can talk about your problems with.

It's not gonna magically change your life overnight, but I find it helps things seem easier to cope with.

diablospartan - April 5, 2024, 7:19 am

Well it must exist a reason ,i dont think you are a bilionaire and you get depresed as you count too much money

Look in your life and see what hapenns ,why you are sad ,what you miss etc
It must be a reason

Portugals - April 5, 2024, 7:28 am

A little exercise and walking will be good for you

nobodyy01 - April 5, 2024, 1:50 pm

the better thing to do when you feel depressive is to go to gym or to do some sport , will make you feel better.

Jamika - April 5, 2024, 7:49 pm

(Apr 2, 2024 12:23 AM)Ilovemesomequxik Wrote: [\[CITE\]](#) Idk why but for the past few weeks I've been really depressed and stressed

I think that one of most important things to do is to Engage in Enjoyable Activities, that will help a lot

SIM-3106893 - April 5, 2024, 9:59 pm

Been there man. Take it day by day and you'll be fine. :)

thisistooshallpass - May 4, 2024, 6:55 pm

take care please.

waking up each day is blessing