

Forum:[Hack Forums](#)

Thread: [My brain is going to explode.](#)

SIM-5572671 - *October 3, 2024, 6:09 am*

#1 Voices in my head

Quote:I have these voices in my head, talking to me at all times.

I am currently searching for jobs in the cybersecurity field, and sometimes I do feel useless because I am sitting at home. Ideal.

It is common knowledge that the job market is in a slump and these are difficult times, for everyone...

And I should just keep trying.

But sometimes, it is very hard to just concentrate. Even when I know what I have to do.

I am constantly overthinking about a lot of things.

It seriously affects my ability to complete tasks. Serious ones too. Both personal and professional.

Just a rant.

Maybe I will post here regularly.

Feels a little better as I write it down.

#2 - Little wins along the way

Oct 04, 2024

Everyone has a lot going on in their lives.

Quote:And this means we have a lot of things to do, to take care of and to overcome. Given the current conditions, and the amenities available to us, it is harder than ever.

It applies to me as well.

I want to complete countless tasks but it is not feasible to focus on them at all times.

Now I am trying to pick 2-3 things that I would want to see completed, let's say in the coming days.

And chances are, there are some sub-tasks too. How about I focus on these mini-things.

Easier said than done but time doesn't wait for you.

No one does.

So I would have my little uncomfortable time now rather than crying about it in future.

When I really would not be able to do anything.

And that's when it's really sad.

Eran - October 3, 2024, 6:33 am

(Oct 3, 2024 06:09 AM)SIM-5572671 Wrote: [\[CITE\]](#) Feels a little better as I write it down. Have you considered journaling? Unloading your thoughts on paper might be helpful.

SIM-5572671 - October 3, 2024, 6:51 am

(Oct 3, 2024 06:12 AM)php Wrote: [\[CITE\]](#) You're stronger than you think. Keep moving forward, focus on what you can control, and remember you're not alone. Focus on what you can control.

I am trying to do that.

Thank you for your kind words.

Bastille - October 3, 2024, 6:51 am

Are you on medication? Are you being followed by a doctor or a psychologist?

I had a burnout one year ago, and for a long time, I tried to recover by myself. However, since that didn't work, I scheduled appointments with both a psychologist and a psychiatrist. I've never felt as good as I do now.

Sometimes those words can be scary, but it really helps to talk to them.

Regarding the market: Meh, there was a lot of hype because of COVID, with people taking one-year cybersecurity training programs to "work in cybersecurity." Most of them will give up after a short time. You can't work in this field unless you're at least somewhat passionate about it.

And when companies start laying off cybersecurity experts, the attacks will increase again, and they'll end up rehiring. I'm not worried about it at all.

SIM-5572671 - October 3, 2024, 6:54 am

(Oct 3, 2024 06:33 AM)Eran Wrote: [\[CITE\]](#) Have you considered journaling? Unloading your thoughts on paper might be helpful.

It does help. I try to write my thoughts down whenever I can.

This thread is one of them.

(Oct 3, 2024 06:51 AM)Bastille Wrote: [\[CITE\]](#) Are you on medication? Are you being followed by a doctor or a psychologist?

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I am happy that you are in a better place.

Currently, I can not afford to seek any help.

I have thought about it though. But the current conditions do restrict me. But I surely will.

Regarding the market: True, there is a surplus of good (and not so good) candidates. I guess, I've to ride the wave and be consistent.

I am trying.