

Forum:[Hack Forums](#)

Thread: [What are some life hacks you use to maintain a positive mindset?](#)

Eran - December 3, 2024, 1:59 am

I'm needing some advice on this right now as I am going through a very busy and stressful period. While I know the storm won't last forever, I am struggling to keep my head up. The fact that there are holidays right now isn't really helping, I am getting a sense of FOMO because this should be a special time of the year, yet I'm so stressed and burnt out.

That being said, mine would be creating a calm and nice vibe in my house, like setting up candles, making some tea, putting on music I like, dim lights and ofcourse, a little bit of weed. It helps me relax and see beyond my current situation.

DashPHP - December 3, 2024, 4:02 am

Honestly it's very difficult keeping a positive attitude consistently. For me I keep positivity up by thinking about the future.

Also don't forget to cold shower.

diablospartan - December 3, 2024, 4:34 am

Well in general its about acumulating negative energy

You can try : prayer ,practice gratitude ,maintain a positive energy in your house by cleaning it ,burn some nice smell candles ,try meditation to clean yourself

jellyhat - December 3, 2024, 4:45 am

be extra wise - go out and exercise

lv\$1fxR - December 3, 2024, 12:55 pm

Take the opposite route. Embrace suffering. Work out every day.

If you want to feel happy, I recommend you exercise your 'gratitude muscle'. Be grateful for everything you have, it really shifts your perspective.

Miles Teller - December 3, 2024, 1:45 pm

Exercising for me is a good way to stay positive. Another thing I try to do is just not worry about anything and let whatever happens happen. Might not work for everyone but for me just not worrying helps me stay positive

?ystem - December 3, 2024, 2:59 pm

My method for maintaining a general positive attitude and outlook is by being grateful for all that I have because at one point I had nothing, not even a home to call my own.

Eran - December 4, 2024, 10:38 am

Some very good points here, guess I just went off track in life kind of. Any more advice is appreciated ! :)

@Jay - December 4, 2024, 11:02 am

Sleep, sunlight, exercise, proper diet, and when all else fails.. 5-htp is pretty helpful for a quick boost in mood to kickstart the aforementioned.

Eran - December 4, 2024, 11:52 am

(Dec 4, 2024 12:02 PM)@Jay Wrote: [\[CITE\]](#) Sleep, sunlight, exercise, proper diet, and when all else fails.. 5-htp is pretty helpful for a quick boost in mood to kickstart the aforementioned.

I've only known the healing properties of 5htp in mdma use/abuse, not as a mood boster. I'll look into it.

Syndicate - December 5, 2024, 12:43 am

I think trying to get some of the stress off your shoulders is a better way to go. Drinking chamomile tea often helps me relax and sleep easier as well.

Eran - December 5, 2024, 1:57 am

(Dec 5, 2024 01:43 AM)Syndicate Wrote: [\[CITE\]](#) I think trying to get some of the stress off your shoulders is a better way to go. Drinking chamomile tea often helps me relax and sleep easier as well.

Chamomile tea helps me increase the zen mood but not when I'm under this much pressure tbh, but thanks for the tip! I'll just use stress as my fuel to get out of my situation.

RangoWorld - December 5, 2024, 3:19 am

I go to a park and spend as much as I can. Potentially half a day there. Just me and my notebook.

I just relax and if I get any important thoughts or feelings I need to get out or understand. I write. I watch the kids play. I breath. I see the green grass. I see the clear sky. I see birds flying. I close my eyes. I lay down. Suddenly life doesn't seem as bad.

PeskyPete - December 17, 2024, 11:57 am

Look forwards. Physically. You'll be surprised what a difference it makes and how much you'll realise you walk around staring at the floor. It changes how others see you as well.

Chrome - December 17, 2024, 1:54 pm

I need some life hacks, I'll follow this thread. Keep the ideas flowing!