

Forum:[Hack Forums](#)

Thread: [Gotta get in shape](#)

Rsynced - March 7, 2025, 11:03 am

I have been recovering from a drinking addiction and alcohol related seizure. Seems like I have been staying sober and sane by playing minecraft and hackforums. My body is so stiff from computer use, even effects my breathing and causes anxiety. I keep thinking I have some other issues throughout the day that get worse. But when I sleep good I wake up and feel good. Once I hop on the computer the symptoms come back.

Gonna start walking again and riding my bike. The weather has been so shitty these past few months, so it has deterred me from my routine I had.

Anyone else feel their computer use is slowly killing them?

I think I really need a break.

Fiber - March 7, 2025, 12:02 pm

You need discipline, be able to have the will power to get there first. If your playing mental games with yourself you're not focusing on the main goal which is to do one of these actives.

Obviously this stuff should be done in moderation, be kind to yourself just find your balance.

truePi - March 7, 2025, 12:14 pm

Stay focused and maintain your daily routine

Rsynced - March 7, 2025, 12:22 pm

(Mar 7, 2025 01:02 PM)Fiber Wrote: [\[CITE\]](#) You need discipline, be able to have the will power to get there first. If your playing mental games with yourself you're not focusing on the main goal which is to do one of these actives.

Obviously this stuff should be done in moderation, be kind to yourself just find your balance. Thanks for the advice, I posted here because it helps to get some positive support and stay focused.

(Mar 7, 2025 01:14 PM>truePi Wrote: [\[CITE\]](#) Stay focused and maintain your daily routine Will do.

Rsynced - March 16, 2025, 2:16 pm

(Mar 7, 2025 01:42 PM)vrs Wrote: [\[CITE\]](#) Make sure you're doing the simple things like staying hydrated and taking vitamins. It'll make you feel better on the inside.

Thanks, I do take vitamins and drink water.

Beherit - March 17, 2025, 4:46 am

Computer use? Well, you could enable the Night Light (Bluelight filter) on Windows or Linux. Maybe, it's the bluelight affecting the eyes and giving you these symptoms. Some other ways you can prevent issues is isolated stretching of the back, neck and other muscles, deep-breathing exercises, and making sure Zinc, Magnesium, Selenium, Molybdenum, and Potassium levels are kept optimal as much as possible on a daily basis.

You could also play binaural beats at a low enough volume where it doesn't bother you if you're streaming Netflix or YouTube videos. There are plenty of binaural beats for relaxation and anxiety-reducing frequencies free to listen to on YouTube.

[Video: <https://youtu.be/u3papaX85MA>]

Rsynced - March 17, 2025, 12:27 pm

(Mar 17, 2025 04:46 AM)Beherit Wrote: [\[CITE\]](#) Computer use? Well, you could enable the Night Light (Bluelight filter) on Windows or Linux. Maybe, it's the bluelight affecting the eyes and giving you these symptoms. Some other ways you can prevent issues is isolated stretching of the back, neck and other muscles, deep-breathing exercises, and making sure Zinc, Magnesium, Selenium, Molybdenum, and Potassium levels are kept optimal as much as possible on a daily basis.

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Thanks for the tips, I will try anything that helps.

For me, I think time is the only solution to recover from the alcohol addiction.

Beherit - March 17, 2025, 7:53 pm

(Mar 17, 2025 12:27 PM)Rsynced Wrote: [\[CITE\]](#) Thanks for the tips, I will try anything that helps.

For me, I think time is the only solution to recover from the alcohol addiction.

True, I had withdrawal symptoms when I cut all alcohol cold turkey. I remember snapping at people or just mood in general being low. I wouldn't say I had an addiction, just that things were at a low point for me. I have not quit alcohol completely, I just have a bottle of red wine every two or three weeks these days, but hard liquor is rare. Can't remember any stiffness, but I'm sure I am better off now than I was before because of the time passed.

I wish you good luck on your journey!

Tha Sneak - March 17, 2025, 9:52 pm

One thing I recommend to people when they start getting into physical shape again is trying the dirty bulk you will gain a lot of weight and muscle. To accomplish this you drink approximately one gallon of Chocolate Milk a day. It has a high amount of protein and calories so instead of spending a shit ton of money on protein like chicken you can get a lot of intake without feeling full. The first time I did the dirty bulk I went from 164 to 201 in a month and a half and retained the muscle.

Rsynced - March 18, 2025, 10:52 am

(Mar 17, 2025 09:52 PM)Tha Sneak Wrote: [\[CITE\]](#) One thing I recommend to people when they start getting into physical shape again is trying the dirty bulk you will gain a lot of weight and muscle. To accomplish this you drink approximately one gallon of Chocolate Milk a day. It has a high amount of protein and calories so instead of spending a shit ton of money on protein like chicken you can get a lot of intake without feeling full. The first time I did the dirty bulk I went from 164 to 201 in a month and a half and retained the muscle.

Dude that sounds really unhealthy for the heart. I am just glad to be able to walk around the block.