

Forum:[Hack Forums](#)

Thread: [Has exercise actually helped you guys with your mental health?](#)

ronnie420 - August 9, 2025, 5:31 pm

I don't exercise and I have depression. I read online that working out improves mental health. From your personal experience is that true?

m0hx - August 9, 2025, 6:10 pm

(Aug 9, 2025 05:31 PM)ronnie420 Wrote: [\[CITE\]](#) I don't exercise and I have depression. I read online that working out improves mental health. From your personal experience is that true?
i used to walk depressed, now after exercise...i just walk depressed faster. ?

badbart - August 10, 2025, 9:23 am

(Aug 9, 2025 05:31 PM)ronnie420 Wrote: [\[CITE\]](#) I don't exercise and I have depression. I read online that working out improves mental health. From your personal experience is that true?
Backed up by medical science, since it improves your blood circulation, it helps you with clarity, brain matters you know. Release dopamine and lower cortisol level which contributes to your depression. (I am not a doctor but i exercise regularly)...

Lefty - August 12, 2025, 12:44 am

Yes. This is the most effective thing I did. Don't underestimate good psychical health on your brain.

RangoWorld - August 12, 2025, 1:31 am

(Aug 9, 2025 05:31 PM)ronnie420 Wrote: [\[CITE\]](#) I don't exercise and I have depression. I read online that working out improves mental health. From your personal experience is that true?
Yes. It brings action to every part of your body. Running specially I find anti depressant. All that blood pumping in your body and brain specially.

Best things that have personally helped me fight against depression is.

- Exercise.
- Clean Diet (No Junk or Drinks).
- Sleep Schedule (Sleep and wake at the same time).
- Early sunlight (Between 2-3 hours of sunrise).
- Cutting of Social Media and News.

W1NK1LL3RX - August 12, 2025, 8:30 am

(Aug 9, 2025 05:31 PM)ronnie420 Wrote: [\[CITE\]](#) I don't exercise and I have depression. I read online that working out improves mental health. From your personal experience is that true?
Yeah, it really has for me. Even just a short walk or some light stretching can make a big difference in my mood. It's not a magic fix, but it does help clear my head and ease some of the heaviness.

Zher0 - August 12, 2025, 9:30 am

It for sure did, until I had physical health issues. It did change my life, though, from a mental perspective.

aerozprit - August 20, 2025, 5:36 pm

Exercising makes your brain think other things. It does not take the depression away, it just makes your brain to use other muscles. Hard exercises helps because your brains can't think about kyssing

when you have something else to do. If you have a bad "depression" it's because your brains are build with that way and it's the normal pattern for you. If you want to get out of depression do things that you enjoy they give you dopamin but after all the "depression" is always in your subconscious even if you exercise like a professional athlet. Think more like this: do you believe that you have depression?

Rsynced - August 21, 2025, 7:14 am

Yes, just taking a short 1 mile walk daily with give you noticeable improvements. It's impossible to ignore just after 1 week of walking. Next try riding a bike and other stuff. I'm going to start playing / shooting basketball again at the park. No one goes there, so it's free for all on the court luckily, IDK if I could keep up the kids and basketball can turn violent fast from my memory. lol

(Aug 20, 2025 05:36 PM)aerozprit Wrote: [\[CITE\]](#) Exercising makes your brain think other things. It does not take the depression away, it just makes your brain to use other muscles. Hard exercises helps because your brains can't think about kyssing when you have something else to do. If you have a bad "depression" it's because your brains are build with that way and it's the normal pattern for you. If you want to get out of depression do things that you enjoy they give you dopamin but after all the "depression" is always in your subconscious even if you exercise like a professional athlet. Think more like this: do you believe that you have depression?

Actually exercise directly causes 'neuroplasticity' and rewires your brain. Not sure if you knew that...

(Aug 9, 2025 06:10 PM)m0hx Wrote: [\[CITE\]](#) i used to walk depressed, now after exercise...i just walk depressed faster. ?

Cheer up bro!

Juoku - August 21, 2025, 2:04 pm

I can't speak about depression itself, but it definitely helps with mental health in general.

First off, I think it's important to find something you enjoy doing, I used to go for runs, started out slow but eventually was doing 10-12 miles in about 4 minutes a mile.

Unfortunately I hated running lol and I literally had to force myself to do it, which again, the running helped me clear my mind and once I get started, it's actually nice, but I hate to motivate myself every damn time, unlike when I started doing MMA, which I enjoy A LOT, and it helps me feel a lot more confident in myself, which by itself also helps with mental health issues, but because I enjoy it, it's something I gladly get myself to do whenever I have time. I even got myself a punching bag I like to practice on once in a while.

Warmth - October 10, 2025, 6:06 pm

Yes for sure. I do intense cardio and it leaves my mind feeling really calm.

RangoWorld - October 11, 2025, 7:05 am

It has contributed to my well being.

But if you have big problem like major depressive order then workout will not get rid of it. You need additional assistance