

Forum:[Hack Forums](#)

Thread: [Rate your Mental](#)

Omniscient - August 26, 2025, 1:34 pm

Let's go with a 1-10 scale where you consider yourself very mentally healthy at 10 and a 1 being completely F'd.

How would you rate your own mental now? And let's be honest about what it was in 2020 pre-Covid and during Covid.

Me...

NOW: 8/10

Pre-Covid: 6/10

During Covid (2020-2024): 3/10

I'd say my Mental Health is improving but absolutely not perfect.

HerrWinston - August 26, 2025, 1:37 pm

(Aug 26, 2025 01:34 PM)Omniscient Wrote: [\[CITE\]](#) Let's go with a 1-10 scale where you consider yourself very mentally healthy at 10 and a 1 being completely F'd.

How would you rate your own mental now? And let's be honest about what it was in 2020 pre-Covid and during Covid.

Me...

NOW: 8/10

Pre-Covid: 6/10

During Covid (2020-2024): 3/10

I'd say my Mental Health is improving but absolutely not perfect.

Hmmm

NOW 7/10

Pre Covid 5/10

During Covid: 5/10

My health didnt change much during covid but since then life seems better :)

Zher0 - August 26, 2025, 1:43 pm

Mine was impacted due to physical health issues, but these are my ratings now. I've been working on a lot of things, as well as introducing some other compounds that seem to be helping.

These are my ratings:

Now 7/10

Pre-COVID 5/10

During Covid: 2/10

SlowPokeRodriguez - August 26, 2025, 2:09 pm

sometimes i feel like my mental health is slipping but then i see other people and the way they behave and it makes me feel like im super sharp as a wizard. life is about doing things in moderation and not over doing ish. i would score myself around a 7-8

Dystortion - August 26, 2025, 3:11 pm

Now 3/10 - exhausted

Pre-COVID 5/10

During Covid: 9/10 plain and simple. The simplicity of numbering it helps visualise where you're at

Omniscient - August 26, 2025, 3:30 pm

(Aug 26, 2025 03:11 PM)Dystortion Wrote: [\[CITE\]](#) Now 3/10 - exhausted

Pre-COVID 5/10

During Covid: 9/10 plain and simple. The simplicity of numbering it helps visualise where you're at

Now that's interesting you felt the strongest during Covid. I felt like I was losing my mind. I mean, it's not like I was falling apart but it was depressing everything going on during that period and where I am there was a 2 month lockdown. All my kids got effected negatively too. It just changed a lot of things for people.

Dystortion - August 26, 2025, 3:35 pm

(Aug 26, 2025 03:30 PM)Omniscient Wrote: [\[CITE\]](#) Now that's interesting you felt the strongest during Covid. I felt like I was losing my mind. I mean, it's not like I was falling apart but it was depressing everything going on during that period and where I am there was a 2 month lockdown. All my kids got effected negatively too. It just changed a lot of things for people.

I was never happier not going to lie. It was the best I've ever been, I wished it would have returned to that way for a good while

Maskin - August 26, 2025, 3:58 pm

NOW 1/10

Pre Covid 1/10

During Covid: 1/10

I wrote a wall of text but I deleted it. Why I'm 1/10 is because there is no 2 to 9 for me. It's either 1 or 10.

As long as I'm not rich, fucked by the system and a slave to society, I will keep feeling like 1/10.

Artisan - August 26, 2025, 8:18 pm

NOW: 9/10

Pre-Covid: 8/10

During Covid (2020-2024): 7/10

Always had a firm hold on my mind, thoughts and activities so my self score doesn't fluctuate much. Thanks to the Almighty for that and everything else. Took a slight downturn because of being stuck at home during Covid but wasn't that big of a deal because I think that my physical and mental well being are my own responsibility. This is why I push toxic people away.

Eran - August 30, 2025, 9:14 am

I find my nowadays mental struggle very exhausting. The feeling of already having everything I desire in my future, yet making little to no progress in everyday life..

My mental health has been better but also worse pre covid. I was more social so that was a plus, however I had a dark side to it and a tendency to push people away.

Now that I am mostly battling everyday fights myself, I find myself wishing for some companions..but I pushed them away. It's a weird feeling. An eerie feeling that I'm SUPPOSED to pass this period alone and figure things out by myself in order to step into my best chapter... every minute is a struggle to find and step into my true self...

I'll give it a 5.5/10 for now.

JNath - August 30, 2025, 9:18 am

I'm suffering from bipolar disorder and my mental situation is completely fucked, I'm lower than 1 if that was an option, suicidal thoughts chase me everyday, just living every day like living in hell. I wish someday God will help me and treat me like I'm his own child.

jcole - August 30, 2025, 9:20 am

NOW: 8/10

Pre-Covid: 3/10

During peak Covid (2020-2022): 1/10

Had a rough time before Covid-19, and even worse after. Really starting to get a feel for myself in life, and happy where I've taken myself.

Fortunate - August 30, 2025, 2:59 pm

NOW: 8/10

Pre-Covid: 6/10

During peak Covid (2020-2022): 1/10

I was serving the military during Covid. My best friend had died and was stuck in the barracks because there was a lockdown. My life was on a downward spiral and I was struggling mentally. I left the army during the end of Covid for shitty 9-5 just to smoke weed everyday after work while I was studying for university entrance exams.

Later on got accepted and my life has completely changed. I am doing so well now and get paid like a motherfucker doing the shit I love.

I am constantly improving though and I'm never satisfied with myself. I would love to have a longer relationship. Haven't smoked weed since 2021 and have amazing people around me who I can share my thoughts with. Things are good.

Herbert - August 30, 2025, 5:14 pm

NOW: 3/10

Pre-Covid: 8/10

During Covid (2020-2024): 8/10

Injury that left me bedridden. Healing has plateaued, lost weight, got infected multiple times, bills are piling up.

It has been a mentally degrading paroxysm.

Pimping - August 30, 2025, 6:26 pm

NOW: 5/10

Pre-Covid: 8-9/10

During Covid (2020-2024): 7/10

for me it just feels like everything changed during covid.. and i cant get the old reality back of how i was pre-covid. financially and health wise im doing better than i was pre-covid but everything still just feels off and i cant explain why.. interacting with people and relationships, global economy, war/world issues and just everything has changed in the world since that point and it seems like we cant catch a break if that makes sense

during covid i was actually fine and in a way there wasn't as much stress.. everyone was going through the same thing so it was like we can all relate. the only thing i hated was the lockdowns but i actually found new hobbies and side-hustles during covid.. so those kept my mind active during that time.

rsx - August 30, 2025, 7:24 pm

Currently looking at an 8/10. And that is way better than I have ever felt in my life.

I just had my first child 3 months ago, and it has opened up a whole new mindset. I have advanced in my career, took on challenges I would have thought impossible, and have learned a whole new type of love for my child. She motivates me to go above and beyond in all aspects of life. When before, I was barely hanging on by a thread. I have her to thank.

Omniscient - August 31, 2025, 12:58 pm

(Aug 30, 2025 07:24 PM)rsx Wrote: [\[CITE\]](#) Currently looking at an 8/10. And that is way better than I have ever felt in my life.

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Kids are amazing. Sadly people today are told it's difficult and expensive which scares a lot people away from what's very likely the greatest experience in life.

rsx - September 7, 2025, 4:13 pm

(Aug 31, 2025 12:58 PM)Omniscient Wrote: [\[CITE\]](#) Kids are amazing. Sadly people today are told it's difficult and expensive which scares a lot people away from what's very likely the greatest experience in life.

They truly are, and I thought I knew what a parent's love for their child was like before I had one. I had no idea haha.

Even though it might be tougher today than before to have a family, I feel that most are not willing to make the sacrifices necessary to have that

ReviveTechLLC - September 12, 2025, 12:15 pm

Before COVID: 8/10

During COVID: 5/10

After/Present: 3/10

Mine sadly is dwindling worse and worse every month that goes by.

SpiritualDose - September 12, 2025, 12:37 pm

Currently I'm probably in the worst state of mind I've been in since I got sober. This feeling of hopelessness mixed with the inability to actually feel safe talking about my real feelings (especially when everyone else has so much going on of their own shit it feels guilty for me to even say my thoughts)

Bastille - September 13, 2025, 1:15 am

NOW: 6/10 (my burnout is almost gone, I'm getting back on my feet after 2 years, will work again soon, need to get a job and earn money to feel better)

Pre-Covid: 8/10

During Covid (2020-2024): 8/10 (I've not been really impacted, I was spending my days at home, on my computer, such as any other day)

Jamika - September 13, 2025, 2:28 am

(Aug 26, 2025 01:34 PM)Omniscient Wrote: [\[CITE\]](#) Let's go with a 1-10 scale where you consider yourself very mentally healthy at 10 and a 1 being completely F'd.

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Me...

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Pre-Covid: 6/10

During Covid (2020-2024): 3/10

I'd say my Mental Health is improving but absolutely not perfect.

Now 7/10

Pre covid 9/10

During covid 8/10

Think iam going nuts soon

DAL-SHA - October 1, 2025, 2:14 am

Right now 6.5/10

during covid : 7.5/10

before covid : 8.5/10

and trust me i have now idea what the actual F is going on or where im going , i just enjoyyyyyy learning cybersec