

Forum:[Hack Forums](#)

Thread: [Going to work after a pause is awful](#)

Eran - October 22, 2025, 8:33 pm

I'm just heading back into work after being off for 2 weeks. The feeling is awful. Staring at a blank wall at 5am rethinking my life decisions ?

DAL-SHA - October 22, 2025, 8:47 pm

But sir , you Should have considered your life decisions in the 2 weeks vacation and refreshed to come back with energy and dedication ..

Unless the job you working Isn't what you've always wanted to do in life maybe ...??

PacketPilot - October 22, 2025, 8:49 pm

(Oct 22, 2025 08:33 PM)TRS Wrote: [\[CITE\]](#) I'm just heading back into work after being off for 2 weeks. The feeling is awful. Staring at a blank wall at 5am rethinking my life decisions ?

Yeah, it really is. Getting back into the routine after some time off always feels rough at first.

Eran - October 22, 2025, 8:53 pm

(Oct 22, 2025 08:47 PM)Dalsha Wrote: [\[CITE\]](#) But sir , you Should have considered your life decisions in the 2 weeks vacation and refreshed to come back with energy and dedication ..

Unless the job you working Isn't what you've always wanted to do in life maybe ...??

I've never gone back to work feeling refreshed after a vacation, if anything I feel more miserable.

Mix - October 22, 2025, 8:55 pm

Currently off work for 2 weeks as I have not used any hoildays this year and I am turning a year older tomorrow and I know the last few days I am gonna dread but once I get back I am sure ill be okay and so should you.

DAL-SHA - October 22, 2025, 8:56 pm

(Oct 22, 2025 08:53 PM)TRS Wrote: [\[CITE\]](#) I've never gone back to work feeling refreshed after a vacation, if anything I feel more miserable.

But the thing i cant wrap my head around is : Why took a Vacations in the first place if not to refresh and come back with more energy ????

Eran - October 22, 2025, 9:17 pm

(Oct 22, 2025 08:56 PM)Dalsha Wrote: [\[CITE\]](#) But the thing i cant wrap my head around is : Why took a Vacations in the first place if not to refresh and come back with more energy ????

Because you wish the vacation lasts forever and not go back to modern slavery lol.

Mix - October 22, 2025, 9:19 pm

(Oct 22, 2025 09:17 PM)TRS Wrote: [\[CITE\]](#) Because you wish the vacation lasts forever and not go back to modern slavery lol.

Sounds to me like you dont enjoy your work. I would say you need to try and make your work life balance better imo.

DAL-SHA - October 22, 2025, 9:41 pm

(Oct 22, 2025 09:17 PM)TRS Wrote: [\[CITE\]](#) Because you wish the vacation lasts forever and not go

back to modern slavery lol.

Well , is it well paid at least ?? can you build your own thing and just leave the modern slavery ??
(I'm actually planning on doing this myself).

Pimping - October 22, 2025, 9:58 pm

Yeah definitely feel that
in a few days you will probably get back into a routine again

Eran - October 23, 2025, 8:27 am

(Oct 22, 2025 09:19 PM)Mix Wrote: [\[CITE\]](#) Sounds to me like you dont enjoy your work. I would say you need to try and make your work life balance better imo.
I don't.

(Oct 22, 2025 09:41 PM)Dalsha Wrote: [\[CITE\]](#) Well , is it well paid at least ?? can you build your own thing and just leave the modern slavery ??
(I'm actually planning on doing this myself).
Soon.. idk how but soon..

DAL-SHA - October 23, 2025, 11:31 am

(Oct 23, 2025 08:27 AM)TRS Wrote: [\[CITE\]](#) I don't.

Soon.. idk how but soon..

Well sir , all i can say and wish for you is Best of luck ..?? tread Carefully ..

diablospartan - October 23, 2025, 12:08 pm

Well its not only you and majority of people we go sad when we need to start work again after a relaxed holiday etc

Eran - October 23, 2025, 12:10 pm

(Oct 23, 2025 12:08 PM)diablospartan Wrote: [\[CITE\]](#) Well its not only you and majority of people we go sad when we need to start work again after a relaxed holiday etc
100% aware of that but I'll either escape or die trying
or go to jail

OldLeafs - October 23, 2025, 1:42 pm

I go back Monday, I've been off 2.5 weeks with a newborn. I am looking forward to making money again/no ambition

Rahul007rhp - October 23, 2025, 2:14 pm

Been there done that , to be honest the after the weekend Monday feels exactly same

Palestine - October 23, 2025, 2:26 pm

(Oct 22, 2025 08:33 PM)TRS Wrote: [\[CITE\]](#) I'm just heading back into work after being off for 2 weeks. The feeling is awful. Staring at a blank wall at 5am rethinking my life decisions ?

I honestly hated that which is why I rarely took off from work literally lol there was 2 years in a row that I never missed a day and i worked Monday-Saturday. Went to funerals, weddings you name it but I still managed to either come to work late or leave early but I always came in to work

onlineuser | D3RFER - October 23, 2025, 10:35 pm

It always does to be honest.

I'd rather go home early on a Monday instead of a Friday

Chorozon - *October 23, 2025, 10:40 pm*

Money is good though yes ?

sharn - *October 26, 2025, 4:17 am*

Motivation takes a week to return.

The pause spoiled me.

SirBets - *October 26, 2025, 4:20 am*

Ease into it

Go back on a Friday