

Forum:[Hack Forums](#)

Thread: [How Do You Unwind When Work Gets Stressful?](#)

R5N3T - January 5, 2026, 8:47 pm

Guys, don't push yourselves too hard at work. Sometimes we need to relax for a bit. As for me, I usually take a short break to unwind with a cup of coffee and a cigarette, especially when my mind feels overwhelmed.

So, what do you usually do when you're feeling stressed at work?

php - January 5, 2026, 8:58 pm

Do you really want to know...

Terry A. Davis - January 5, 2026, 9:22 pm

(Jan 5, 2026 09:58 PM)php Wrote: [\[CITE\]](#) Do you really want to know...

Three wanks in a day while choking a chicken?

Beherit - January 5, 2026, 9:27 pm

Some binaural beats with nature sounds.

php - January 5, 2026, 10:08 pm

(Jan 5, 2026 10:22 PM)Terry A. Davis Wrote: [\[CITE\]](#) Three wanks in a day while choking a chicken?

Terry that is a wildly inaccurate and inappropriate assumption.

(Jan 5, 2026 10:27 PM)Beherit Wrote: [\[CITE\]](#) Some binaural beats with nature sounds.

Share your recent favorite, I'm ready.

Beherit - January 5, 2026, 10:23 pm

(Jan 5, 2026 11:08 PM)php Wrote: [\[CITE\]](#) Share your recent favorite, I'm ready.

Sure. Recent favorite:

[Video: <https://youtu.be/nQGVaEk3OX8>]

php - January 5, 2026, 10:36 pm

(Jan 5, 2026 11:23 PM)Beherit Wrote: [\[CITE\]](#) Sure. Recent favorite:

[Video: <https://youtu.be/nQGVaEk3OX8>]

R5N3T - January 5, 2026, 10:37 pm

(Jan 5, 2026 11:23 PM)Beherit Wrote: [\[CITE\]](#) Sure. Recent favorite:

[Video: <https://youtu.be/nQGVaEk3OX8>]

Wow, that feels refreshing?

PacketPilot - January 6, 2026, 3:40 am

(Jan 5, 2026 09:47 PM)tyulperang Wrote: [\[CITE\]](#) Guys, don't push yourselves too hard at work.

Sometimes we need to relax for a bit. As for me, I usually take a short break to unwind with a cup of coffee and a cigarette, especially when my mind feels overwhelmed.

So, what do you usually do when you're feeling stressed at work?

Yeah, for sure. I usually just take a quick break, grab some coffee, maybe scroll my phone a bit and

reset.

R5N3T - January 6, 2026, 4:27 am

That sounds like a good way to reset and recharge.

diablospartan - January 6, 2026, 7:15 am

In my case i get a cofee and watch some tiktok videos when i am at my offline job

When i work for my online business i usualy go in the yard of my home and relax i do some exercises etc ,relax etc

Deany - January 6, 2026, 8:00 am

Well, I resell things. So when people don't buy my stuff it's always stressful lol

R5N3T - January 6, 2026, 8:01 am

(Jan 6, 2026 09:00 AM)Deany Wrote: [\[CITE\]](#) Well, I resell things. So when people don't buy my stuff it's always stressful lol

Lol.. all people like that

Terry A. Davis - January 6, 2026, 10:35 am

(Jan 5, 2026 11:08 PM)php Wrote: [\[CITE\]](#) Terry that is a wildly inaccurate and inappropriate assumption.

Share your recent favorite, I'm ready.

Brother don't even start, I like to smoke cannabis, or do recreational arts and crafts.

My chicken remains unchoked

Oh_Well - January 6, 2026, 2:45 pm

Smoking weed was a start, but soon I realized I just sedated myself and not really handled the stress.

I'm just try to remind myself that I'm not gonna rest if I just shutdown until the next day, because I will just relive the same thing over and over - so I try to go out more, talk to people and generally do things.

R5N3T - January 6, 2026, 3:59 pm

(Jan 6, 2026 03:45 PM)Oh_Well Wrote: [\[CITE\]](#) Smoking weed was a start, but soon I realized I just sedated myself and not really handled the stress.

I'm just try to remind myself that I'm not gonna rest if I just shutdown until the next day, because I will just relive the same thing over and over - so I try to go out more, talk to people and generally do things.

You're absolutely right. It's easy to fall into habits that just numb the feeling, but facing the stress and staying active is the key to truly overcoming it.

FalconSteal - January 8, 2026, 7:03 am

(Jan 5, 2026 09:47 PM)tuyulperang Wrote: [\[CITE\]](#) Guys, don't push yourselves too hard at work. Sometimes we need to relax for a bit. As for me, I usually take a short break to unwind with a cup of coffee and a cigarette, especially when my mind feels overwhelmed.

So, what do you usually do when you're feeling stressed at work?

Appreciate it bro, fr peoples need this nowadays cuz work stress down many peoples, good luck with you bro

R5N3T - January 8, 2026, 2:37 pm

(Jan 8, 2026 08:03 AM)FalconSteal Wrote: [\[CITE\]](#) Appreciate it bro, fr peoples need this nowadays cuz work stress down many peoples, good luck with you bro
Thankyou mate

Hackers - January 8, 2026, 2:51 pm

hop on HF and chit chat or discuss on forums

<https://hackforums.net/convo.php?action=all>