

Forum: [Hack Forums](#)

Thread: [Does anyone else feel like they're constantly in a rush?](#)

Oh_Well - October 12, 2026, 4:06 am

I feel like I don't have time to catch my breath. It feels like the rhythm is always crazy in all aspects of my life.

I don't know if this is pure anxiety or not but I always have this sense of rushing. I want to get things done and move on to the next thing and to finish everything so I can relax, but sometimes even then I have a feeling that I have to do something.

I don't like being pessimistic, so I push forward all the time, but sometimes I feel exhausted.

Do you guys feel the same? How do you handle it?

7 - October 12, 2026, 4:08 am

I am always the same. Always rushing. Not even my computers can keep up with it and certainly not my family.

What I do is 45min knockout about 2pm ... which is now cya.. then ill be back

Fish - October 12, 2026, 4:16 am

Yes!! I feel like i'm always in a rush. I hate it. Can never do something slowly. Always rushing from one task to another... I need to learn how to chill out

Oh_Well - October 12, 2026, 4:17 am

(Oct 12, 2026 04:08 AM)7 Wrote: [\[CITE\]](#) I am always the same. Always rushing. Not even my computers can keep up with it and certainly not my family.

What I do is 45min knockout about 2pm ... which is now cya.. then ill be back
The world is moving fast. Sometimes I think what would happen if I trained my brain to consume information while sleeping lol

(Oct 12, 2026 04:16 AM)Fish Wrote: [\[CITE\]](#) Yes!! I feel like i'm always in a rush. I hate it. Can never do something slowly. Always rushing from one task to another... I need to learn how to chill out
I know, right? it's crazy. Have you tried anything to tackle that? Like breathing exercises etc?

Cosa Nostra - October 12, 2026, 4:50 am

Not really anymore. I learned how to slow down and stop putting so much pressure on myself. There's always going to be something to do, so you gotta learn to take a break and enjoy the moment too :D!

Sift - October 12, 2026, 5:05 am

Yes it does feel that way for me and it doesn't help that life moves so fast suddenly the year is almost over already.

Oh_Well - October 12, 2026, 5:43 am

(Oct 12, 2026 04:50 AM)Cosa Nostra Wrote: [\[CITE\]](#) Not really anymore. I learned how to slow down and stop putting so much pressure on myself. There's always going to be something to do, so you

gotta learn to take a break and enjoy the moment too :D!

You must be the only one here feeling this way. Tell us your secret xD

(Oct 12, 2026 05:05 AM)Sift Wrote: [\[CITE\]](#) Yes it does feel that way for me and it doesn't help that life moves so fast suddenly the year is almost over already.

lol, actually. It's October already, when did the summer pass?

Sift - October 12, 2026, 5:46 am

(Oct 12, 2026 05:43 AM)Oh_Well Wrote: [\[CITE\]](#) You must be the only one here feeling this way. Tell us your secret xD

lol, actually. It's October already, when did the summer pass?

In my mind it feels like January was a week ago.

XtremeDiscount - October 12, 2026, 5:48 am

It can be Mania / biPolar II which can present itself a lot like ADHD

Eran - October 12, 2026, 6:17 am

Absolutely, including myself. I just want to buy some land and have peace.

Oh_Well - October 12, 2026, 6:19 am

(Oct 12, 2026 06:17 AM)Eran Wrote: [\[CITE\]](#) Absolutely, including myself. I just want to buy some land and have peace.

Buying land these days is the dream. I hope you make it man

Eran - October 12, 2026, 6:21 am

(Oct 12, 2026 06:19 AM)Oh_Well Wrote: [\[CITE\]](#) Buying land these days is the dream. I hope you make it man

I hope as well man. Would be a long term project, I don't mind dedicating my life from just a piece of land to it being my dream paradise home in 10+ years time.

Deany - October 12, 2026, 6:21 am

Yeah, a rush to get this money. And I'm not getting any!

Hern - October 12, 2026, 10:01 am

I always feel like I am always in a rush and I think most of it comes from my job's perspective of needing to have more responsibilities and that never stops so I have to fit more stuff in my same 24 hour day