

Forum:[Hack Forums](#)

Thread: [What is one habit that changed your life?](#)

sharn - October 18, 2026, 4:00 am

Sometimes it is the smallest habits that make the biggest difference in our lives.

What is one thing you started doing consistently that you wish you had started years ago?

I learned to say no without feeling guilty about it.

Protecting my time and energy has made a huge difference.

Oh_Well - October 18, 2026, 9:45 pm

(28 hours ago)sharn Wrote: [\[CITE\]](#) I learned to say no without feeling guilty about it.

Protecting my time and energy has made a huge difference.

I'm in the process of learning that as well. It's pretty hard to change other people's expectations of you when they've known you like this for a while.

XtremeDiscount - October 19, 2026, 5:35 am

Learning how to deal with ADHD without meds, and using meds effectively

Raijin - October 19, 2026, 5:51 am

(2 hours ago)XtremeDiscount Wrote: [\[CITE\]](#) Learning how to deal with ADHD without meds, and using meds effectively

I stopped the medication years ago because I hated the anxiety it causes.

XtremeDiscount - October 19, 2026, 5:59 am

(2 hours ago)Raijin Wrote: [\[CITE\]](#) I stopped the medication years ago because I hated the anxiety it causes.

Yea I had an out right panic attack after months of taking my adhd med and stopped, then I went back on it for a while and stopped again

Sift - October 19, 2026, 6:07 am

(2 hours ago)XtremeDiscount Wrote: [\[CITE\]](#) Learning how to deal with ADHD without meds, and using meds effectively

Once I stopped using all meds prescribed as a children once I turned 18 made my life so much better afterwards damn doctors trying to poison us..

Yin Yang - October 19, 2026, 7:28 am

I started being more consistent with exercise/going on walks. Even a little activity each day adds up, and I wish I'd made it a habit years ago.

Lefty - October 19, 2026, 8:01 am

I think probably taking up a sport. It really made me chill out a lot more, I recommend any software developers seriously take up a sport, either solo or with a team. Using up that free energy is a life saver

Th3Hulk - October 19, 2026, 8:09 am

Waking up and not looking at my phone for the first hour. It sounds like a small thing, but it completely changed my baseline mood and focus.

XtremeDiscount - *October 19, 2026, 8:20 am*

(2 hours ago)Sift Wrote: [\[CITE\]](#) Once I stopped using all meds prescribed as a children once I turned 18 made my life so much better afterwards damn doctors trying to poison us..

Great to hear you're doing better without them!