

Feeling exhausted, overwhelmed and a bit depressed

Posted by sonicReducer - 14 Dec 2017 19:51

Hello chevra, wishing everyone a beautiful Chanukkah.

I have some stresses I really need to get off my chest and have no one really to rant to, so I will be doing it here.

I am exhausted. Honestly, physically exhausted. I think in the last 2 months I have had 2 good nights sleep. If the kids aren't sick and up all night, then the youngest kicks off his blankets and yells for (I have had him do this 5 times in one night). Even on the nights when they are settled I find myself wide awake at 4am and exhausted again at 7 - having usually tossed and turned for an hour and then just got up.

I had a yearly review today. Baruch Hashem my job is stable, I have a good relationship with my boss and the money is good but he even told me to get some rest, ha!

I love my kids but honestly they are just so stressful sometimes. My wife can either be amazing or absolutely useless. We are always dancing to her tune and when it suits her for bedtime or whatever. I work longer hours, have a much longer commute and make about 80% of the income but I am always dead last when it comes to needs and wants. She *needed* a £2000 sheitel last year - but when I spend £100 on a hobby after saving for 4 months its "a waste of money". I'm also left with most of the housework / dinners / etc too - and she'll sit on the phone and tell everyone how busy she is. She makes a huge effort for Shabbos and Yom Tov but on Tuesday night she expects to be waited on.

My commute to / from work at the moment is awful. Cold, long, busy, cramped, I honestly dread it. I can work from home but then the work day is far harder.

My learning has been in the dumps since Sukkos. I cannot learn on my own and my gemara shiur has been very unstable as people have left or cannot attend.

I have bH been porn free for over 100 days but I have wasted a lot of zera regardless. I have hardly had any intimacy with my wife due to issues with her pill, I think we have had about 2 weeks together in the last 5 months. I am so scared I will fall into porn again and fall hard just

from stress and tiredness. Stress and aggravation is a massive trigger for me. I have been lusting after every attractive woman in the street and I feel like disgusted with myself.

Before I end I want to say that bH I have amazing blessings, my wife, kids, job and health, our home and all our luxuries. Just feeling really down now

kol tov

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Re: Feeling exhausted, overwhelmed and a bit depressed
Posted by lionking - 22 Dec 2017 11:55

Oh and by the way, I'm feeling like the title of this thread, and feel like I'd rather have an addiction to pills.

Can you proscribe any?

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Re: Feeling exhausted, overwhelmed and a bit depressed
Posted by GrowStrong - 22 Dec 2017 12:29

my experience is that from all birth control methods, the coil without hormones is the one that has the least side effects (crazy hormonal wife) but it is uncomfortable to put in and remove.. and not something you would run to do for a few short month break.

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Re: Feeling exhausted, overwhelmed and a bit depressed
Posted by youcan - 22 Dec 2017 16:50

This is not medication, it's birth control. You only find out what works for you once you try it. The only difference is in halacha, but sometimes a rabbi is machmir cuz he thinks that other options will work, but it may be a chumra d'usi lidai kulah. Vd"l. I didn't write in my post that you should

hide anything for a rav.

In my case I did my research and asked my rav about all the options, we had some problems in the beginning but BH we settled in the end.

I also helped a few friends with my experience & I'm very happy about it.

This was the last time I replied to this.

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Re: Feeling exhausted, overwhelmed and a bit depressed
Posted by youcan - 24 Dec 2017 05:43

[sonicReducer wrote on 22 Dec 2017 10:41:](#)

Thanks all. So my rav at the time didn't give a psak, he ran through the options and also pushed me to get to a sexual health clinic so we could speak to a professional. His opinion is that the coil is the best option. We haven't been yet as we hadn't made a firm decision on number 4.

My other kids are 5 year old twins and a 2 year old. They are bH great kids but often a handful. The older 2 bicker a lot and the 2 year old needs constant watching as he loves drawing on carpets and walls and body slamming off the furniture. I could certainly *handle* another, but right now I wouldn't *enjoy* another

BH you have healthy kids that are creating memories that you will love to recall in years from now. (You remember when Moishy scribbled on the wall & looked on us with his innocent face? Do we still have that picture? "...)

It's definitely not always easy but there is a great ROI (return on investment) on every child you will have. A car service driver once asked a friend of mine if it's not hard for us to raise 10 kids, he asked the driver how hard he'd work to get 5 million dollars & he told him that we work hard to raise kids because it's much more worth than money. (I'm not taking a side on whether or not you should think now of an other one, I'm just expressing my positive feeling towards kids...)

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