

Just Want to Vent

Posted by JoetheCarpenter - 22 Oct 2018 17:13

I woke up on the wrong side of the bed this morning. I didn't get enough sleep last night, and I'm tired, irritable, and I have a headache. I'm also stressed, and trying to get back into the workweek grind after the weekend. I recently had a fall; I got back on the wagon, but on days like this, the world seems grey. I not going to cheat today, but if anyone has any positive thoughts about, "fighting the good fight," I think it could make feel better. Thanks

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Re: Just Want to Vent

Posted by mzl - 22 Oct 2018 17:21

[JoetheCarpenter wrote on 22 Oct 2018 17:13:](#)

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You feel the way you think. And you also think the way you act. People that get up in the morning feeling down and in response try to rest, relax, pleasure themselves, etc usually don't feel better. If instead in spite of your feelings you get engrossed in some activity, help others, whatever you may be surprised at how different the day can turn out to be.

I'm afraid this is the best I can do.

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Re: Just Want to Vent

Posted by i-man - 22 Oct 2018 17:38

Hello there

Sorry that your having a rough day, many of us experience these types of emotions.

A few things that help:

-Do some physical activity- doing excercise has a powerful effect on overcoming negative emotions.

-Get out of isolation call or hang out with some friends speak to a gye brother

-Lend someone a helping hand

- Take stock of some of the positive things about your life and yourself

Good luck !

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Re: Just Want to Vent

Posted by farblunjet - 22 Oct 2018 19:23

sorry to hear, man.

since you're venting i hope you don't mind if i add some of my venting, maybe together our vent

just the other day i had too good of day. went to shul, but overdid and overextended myself and i was so tired and drained at the end of the day, and it didn't end well.....

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