

How to Decompress/Destress

Posted by jewizard21 - 06 May 2024 04:59

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Over the past months of fighting this battle, and BH being more on the winning side than the losing side, I feel as if I am always on edge, like I can't relax.

I am doing some intense schooling so that could be it but I think the past months have been way more stressful to the point that all bein hazmanim I wasn't really relaxed, even when not doing anything.

I think one of the underlying reasons I feel this way is because I am no longer masturbating regularly. I dont remember specifically reaching for masterbation as a stress releiver but I think doing it so often made me subconsciously rely on that to relieve my stress.

The point of this thread is to really ask you all what do you do, and do you have any tips for me or others on what to do when feeling stressed or overwhelmed which may potentially have us reaching for porn or masturbation.

(Also if there are other threads that talk of this plz send the links here, thnx a ton!!)

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Re: How to Decompress/Destress

Posted by yitzchokm - 06 May 2024 05:14

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M was a stress reliever for me. Today I use Urge Surfing and SOBER instead. Exercise and socializing also work.

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