

The Depressed Person's Chill Spot :)

Posted by jerusalemsexaddict - 01 Oct 2009 18:33

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Presenting GYE's official happy pick-me-up thread!!!!

Pictures that will make you smile ;D and laugh :D

[www.poster.net/hollist-mike/hollist-mike-hair-raising-experience-8500363.jpg](http://www.poster.net/hollist-mike/hollist-mike-hair-raising-experience-8500363.jpg)

[ihasahotdog.files.wordpress.com/2008/12/funny-dog-pictures-this-dog-wants-three-hotdogs.jpg](http://ihasahotdog.files.wordpress.com/2008/12/funny-dog-pictures-this-dog-wants-three-hotdogs.jpg)

[www.slackers.co.za/uploads/20070712/hilarious.jpg](http://www.slackers.co.za/uploads/20070712/hilarious.jpg)

[www.guy-sports.com/fun\\_pictures/car\\_cross\\_only.jpg](http://www.guy-sports.com/fun_pictures/car_cross_only.jpg)

[www.guy-sports.com/fun\\_pictures/road\\_surprises.jpg](http://www.guy-sports.com/fun_pictures/road_surprises.jpg)

[1.bp.blogspot.com/\\_B7iJN32O15U/SKZxyE-0QGI/AAAAAAAAAQg/V42NDjI7vZU/s400/2261-Cool+Funny+Pictures+-+Photos+-+Hilarious+-+Humor+-+Images+-+.jpg](http://1.bp.blogspot.com/_B7iJN32O15U/SKZxyE-0QGI/AAAAAAAAAQg/V42NDjI7vZU/s400/2261-Cool+Funny+Pictures+-+Photos+-+Hilarious+-+Humor+-+Images+-+.jpg)

[s-fun.com/wp-content/uploads/2008/10/327.jpg](http://s-fun.com/wp-content/uploads/2008/10/327.jpg)

Some funny quotes

"Why does Sea World have a seafood restaurant?? I'm halfway through my fish burger and I realize, Oh man....I could be eating a slow learner."

"I'm in no condition to drive...wait! I shouldn't listen to myself, I'm drunk!" -Homer J. Simpson

"I do not like broccoli. And I haven't liked it since I was a little kid and my mother made me eat it. And I'm President of the United States and I'm not going to eat any more broccoli." -George Bush.

"You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the heck she is."

"The pen is mightier than the sword, and considerably easier to write with."

"Sometimes I lie awake at night, and I ask, 'Where have I gone wrong?' Then a voice says to me, 'This is going to take more than one night.' "

"On my first day in New York a guy asked me if I knew where Central Park was. When I told him I didn't he said, 'Do you mind if I mug you here?'."

A joke

1)A young Jewish man was visiting a psychiatrist, hoping to cure his eating and sleeping disorder. "Every thought I have turns to my mother," he told the psychiatrist. "As soon as I fall asleep and begin to dream, everyone in my dream turns into my mother. I wake up so upset that all I can do is go downstairs and eat a piece of toast."

The psychiatrist replied, "What, just one piece of toast for a big boy like you?"

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Re: The Depressed Person's Chill Spot :)  
Posted by kutan - 27 Oct 2010 21:00

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I like jokes where I don't have to think too much!

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Re: The Depressed Person's Chill Spot :)

Posted by Kedusha - 27 Oct 2010 21:38

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Major league "Oy Vey!"

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Re: The Depressed Person's Chill Spot :)

Posted by yechidah - 28 Oct 2010 18:04

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once wanted to become an atheist but I gave up. They have no holidays.

--Henny Youngman

Look at Jewish history. Unrelieved lamenting would be intolerable. So, for every ten Jews beating their breasts,

God designated one to be crazy and amuse the breast beaters. By the time I was five I knew I was that one.

--Mel Brooks

The time is at hand when the wearing of a prayer shawl and skullcap will not bar a man from the White House, unless, of course, the man is Jewish.

--Jules Farber

Even if you are Catholic, if you live in New York, you're Jewish. If you live in Butte, Montana, you are going to be a goy even if you are Jewish.

--Lenny Bruce

The remarkable thing about my mother is that for thirty years she served us nothing but leftovers. The original meal has never been found.

--Calvin Trillin

My idea of an agreeable person is a person who agrees with me.

--Benjamin Disraeli

It's so simple to be wise. Just think of something stupid to say and then don't say it.

--Sam Levenson

God will pardon me.. It's His business.

--Heinrich Heine

I went on a diet, swore off drinking and heavy eating, and in fourteen days I had lost exactly two weeks.

--Joe E. Lewis

Bankruptcy is a legal proceeding in which you put your money in your pants pocket and give your coat to your creditors.

--Sam Goldwyn

A spoken contract isn't worth the paper it's written on.

--Sam Goldwyn

I don't want to achieve immortality through my work. I want to achieve immortality through not dying.

--Woody Allen

Marriage is a wonderful institution. But who wants to live in an institution?

--Groucho Marx

A politician is a man who will double cross that bridge when he comes to it.

--Oscar Levant

Too bad that all the people who know how to run this country are busy driving taxis and cutting hair.

--George Burns

Liberals feel unworthy of their possessions. Conservatives feel they deserve everything they've stolen.

--Mort Sahl

I don't want any yes-men around me. I want everybody to tell me the truth, even if it costs them their jobs.

--Sam Goldwyn

Television is a medium because it is neither rare nor well done.

--Ernie Kovacs

With the collapse of vaudeville, new talent has no place to stink.

--George Burns

When I bore people at a party, they think it is their fault.

--Henry Kissinger

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Re: The Depressed Person's Chill Spot :)  
Posted by kutan - 28 Oct 2010 21:15

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deep and funny. very yechidish humor!

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Re: The Depressed Person's Chill Spot :)  
Posted by ZemirosShabbos - 01 Nov 2010 15:24

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How To Plant Your Garden

First, you Come to the garden alone,

while the dew is still on the roses....

FOR THE GARDEN OF YOUR DAILY LIVING,

PLANT THREE ROWS OF PEAS:

1. Peace of mind

2. Peace of heart

3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip

2. Squash indifference

3.. Squash grumbling

4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful

2. Lettuce be kind

3. Lettuce be patient

4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
- 2.. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE.. THERE IS MUCH FRUIT  
IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

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Re: The Depressed Person's Chill Spot :)  
Posted by ZemirosShabbos - 01 Nov 2010 15:26

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For all who work with rude customers, shame WE can not actually do this. An award should go to the Virgin Airlines desk attendant in Sydney some months ago for being smart and funny, while making her point when confronted with a passenger who probably deserved to fly as cargo.

A crowded Virgin flight was canceled after Virgin's 767's had been withdrawn from service. A single attendant was re-booking a long line of inconvenient travelers.



Suddenly an angry passenger pushed his way to the desk. He slapped his ticket down on the counter and said, "I HAVE to be on this flight", and it HAS to be FIRST CLASS.

The attendant replied, "I am sorry, sir. I will be happy to try to help you, but I have got to help these people first", and I am sure we will be able to work something out.

The passenger was unimpressed. He asked loudly, so that the passengers behind him could hear.

"DO YOU HAVE ANY IDEA WHO I AM."

Without hesitating, the attendant smiled and grabbed her public address microphone: "May I have your attention please, may I have your attention please," she began and her voice heard clearly throughout the terminal.

We have a passenger here at Desk 14 WHO DOES NOT KNOW WHO HE IS." If anyone can help him find his identity, please come to Desk 14.

With the folks behind him in line laughing hysterically, the man glared at the Virgin attendant.

Gritted his teeth and said, "Go to Hell!!!" Without flinching, she smiled and said, (I love this part).

"I am sorry, sir, but you will have to get in line for that too."

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Re: The Depressed Person's Chill Spot :)  
Posted by jewinpain - 01 Nov 2010 21:15

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any fool proof way to overcome depression

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Re: The Depressed Person's Chill Spot :)

Posted by ZemirosShabbos - 01 Nov 2010 21:23

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don't know about being fool-proof but you can try these:

1. medication
2. Likutei Moharan
3. GYE Forum
4. Woodford

i don't know if there **is** any fool-proof way

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Re: The Depressed Person's Chill Spot :)

Posted by jewinpain - 01 Nov 2010 21:24

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i think i will go with # 2

the rest are too danger for me

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Re: The Depressed Person's Chill Spot :)  
Posted by Kedusha - 01 Nov 2010 21:30

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[jewinpain wrote on 01 Nov 2010 21:15:](#)

any fool proof way to overcome depression

If it's clinical depression, professional help and/or medication may be necessary. There are dietary supplements that might be helpful as well.

Otherwise, having the right attitude can make a big difference. Remember, those who are starving are too worried where their next meal will come from to be depressed. Those whose lives are in danger are too busy dodging bullets to be depressed. Those who put in 12-hour days of hard labor are either too busy or too tired to be depressed. If you're not in any of these situations, does it make sense to be grateful to HKB"H or to be depressed?

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Re: The Depressed Person's Chill Spot :)  
Posted by jewinpain - 01 Nov 2010 21:33

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how do u determine whether its clinical or stam lazyness depression

i am very gratefull to hashem for all he has done to me, especially in bringing me here to GYE where i started my recovery, just got into a depression mode this afternoon

i know i am a lazy-boy

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Re: The Depressed Person's Chill Spot :)  
Posted by the.guard - 01 Nov 2010 21:47

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1 in 5 people suffer from depression (I think... or was it 1 in 206? I forget)...

Medication can be very helpful. I would see a psychiatrist if this is persistent.

See also Chizuk e-mail #428 on this page: [www.guardureyes.com/GUE/GUEList/GUEList9.asp](http://www.guardureyes.com/GUE/GUEList/GUEList9.asp)

Listen to [this audio clip](#).

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Re: The Depressed Person's Chill Spot :)  
Posted by Dov - 02 Nov 2010 12:57

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[jewinpain wrote on 01 Nov 2010 21:33:](#)

how do u determine whether its clinical or stam lazyness depression

i am very gratefull to hashem for all he has done to me, especially in bringing me here to GYE where i started my recovery, just got into a depression mode this afternoon

i know i am a lazy-boy

Funny. "atah yodati ki lazy-boy atoh"...

But seriously, I was mekabel from a program mentor of mine that laziness is really just

avoidance. I use that and ask myself: "what am I actually avoiding her?", and go on on from there...be"H.

Hatzlocha.

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Re: The Depressed Person's Chill Spot :)

Posted by frumfiend - 02 Nov 2010 15:02

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I aint no docta but from you posts it dont seem like you you being depressed.

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