

title: **how do you deal with lack of motivation with bad work environment/ no adhd meds?**

num_comments: 4

num_up_votes: 9

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Post Text

current job draining my energy / unmedicated.. trying to motivate myself to apply to other jobs and keep at it .. I only had 1 interview on Monday. I finally made appointment to see psychiatrist to get meds next Monday but im prob going to loose my health insurance too...

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

You don't. Time to leave.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

at this point I just want them to fire me so I can get unemployment.. basically im just gonna keep collecting a paycheck but hardly do anything at work .. they can fire me if they want but im gonna start pursuing other things like freelance , interviewing , personal projects etc

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Definitely keep interviewing, but don't wait until they fire you. If you get fired, that'll stay with you. Remember that future employers will call the previous companies you've worked for. A red flag will pop up that you got fired. It's not the end of the world, but it can cause issues.

So keep interviewing and try to get out when you can. A toxic work environment is not worth the issues it can cause in other parts on your life.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

I finally left and I feel better already . I feel like I finally have control over my life again. I already feel more confident and better about myself. I have my own crypto DAO and I want to keep working on that again.

I see that in you are interested in crypto.. we can chat in IM if you wanna talk crypto, I am working on a project right now and I am interested in that space and have more time now.