

title: **Just writing this here so I don't forget it - the answer is, apparently, exercising**

num_comments: 53

num_up_votes: 240

upvote_ratio: 0.98

Post Text

Feeling anxious and can't concentrate? -> 30 minutes of exercise
Feeling fuzzy and can't track your place? -> 30 minutes of exercise
Focusing on existential dread instead of writing that script that has been on your plate for a week? -> 30 minutes of exercise
Scared of creating a PR for the pile of changes you really should have chunked up into smaller iterations? -> 30 minutes of exercise and go watch the Great British Baking Show

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 55

Seriously. Even just 10 minutes at high intensity (completely out of breath by the end) on my exercise bike is shocking in how different feel after.

I literally can't function if I don't get some good cardio in my morning.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 20

the question here really is: how do you develop this kind of 'dependency'?

The (terrible) habit I've developed is smoking a cigarette in the morning. I literally can't function before I do that and I hate myself for it

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 19

I've found that many people with undiagnosed ADHD (myself maybe a year ago included) self-mesicate with Nicotine because it has a similar effect to Ritalin and the like. I used to smoke on my lunch break to "clear up my mind".

Now I am medicated but I still find a bit of coffee to help my brain boot-up. Maybe try switching to coffee slowly to see if cafeine has a similar effect for you? Maybe once a day each week?

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 7

[deleted]

Commenter_4

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

Yea, please try to.

Ever since I've started meds I've gone from the "I either don't do anything at all or I do everything in 2 hours and then become a stressed ball of hatred" programmer to the "I can actually sit down, get work done, and not forget that I have to write tests, or pay attention to meetings" programmer.

I've found that nicotine and caffeine, while they do work somewhat, are very

temporary. I would focus for maybe 30mins to 1 hour after smoking, and i needed to have my coffee at all times just to stay present. Meds tend to work pretty well, it has the same "mind clearing" effect of nicotine, at least for me, but it lasts 5-6 hours.

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 11

>the question here really is: how do you develop this kind of 'dependency'?

>

>The (terrible) habit I've developed is smoking a cigarette in the morning. I literally can't function before I do that and I hate myself for it

Exercise doesn't feel like it's the same class as things like nicotine or even coffee, where there's a negative effect when you *stop* doing it that puts you below where you were before. If I don't exercise I don't feel worse than before I started exercising.

It's more like sleep. I feel so much better if I get a good night of sleep. If I suddenly get a bad night of sleep after sleeping well for many nights in a row, I don't feel worse than I did getting a bad night of sleep every single day.

Commenter_5

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

Exercise is not a dependency in this case. It just helps. There's no downside. You just do it and it helps

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 28

What's the answer to when I cannot force myself to exercise?

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 39

I like to pick something that I really, really do not want to do, and then give myself the option of doing the awful thing or running on the treadmill for 30min with an audiobook on.

I am a sucker for this ploy. :)

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 9

care to share a few of the things you "*really really do not want to do*"? :)

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 20

Any phone call I have to make - I will avoid avoid avoid

hand-washing dishes - anything to put it off a few more minutes

getting divorced - I really want to be divorced, I really don't want to do any of the necessary steps to get it finalized

:)

Commenter_9

ID: REDACTED! ~(o.o)~ <3, Upvotes: 15

Jesus mate.

Commenter_10

ID: REDACTED! ~(o.o)~ <3, Upvotes: 7

Try sleeping with his/her sibling. The divorce might finalize itself!

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 8

did it backwards - married the sibling of my good friend.... =(

Commenter_11

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

Same boat here. Your not alone.

Commenter_12

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

That escalated quickly. Best wishes and that's helpful advice.

Commenter_13

ID: REDACTED! ~(o.o)~ <3, Upvotes: 24

Just 30 minuted of exercise!

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

- find something you like. It's ok to dislike certain types. for me I dislike weights but enjoy/tolerate cardio.
- bring a tablet or something if you get bored, watch stupid rerun shows or youtube or something.
- find the right time to do it. For me, its earlier in the AM
- admit that it sucks to do it, but really focus on that feeling when you leave the gym. To me it feels like I took some magic pill that instantly wipes away all my depression and nasty emotions (but not makes me feel artificially high). Its like a whiteboard that has been freshly wiped clean. That feeling of walking out of the gym after a decent workout and a shower.
- dont expect to look ripped or have hollywood abs the first month-year-whatever. you might even gain weight initially. why? because you burn the blubber off, but you gain muscle. muscle weighs more than fat.
- Dont worry about your physique at all. you're doing it for your heart, your lungs (your most important organs in your body), your immune system, and mental health. physical changes will come later.

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

Throw yourself on the ground and roll back and forth like a log.

If your floor isn't clean enough to do this, then set a timer and take a 30 min to clean it.

^(Then: Boom, you exercised.)

Commenter_14

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

Walk up AND down the stairs 5 times.

Commenter_15

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

I force myself to clean or do a chore. There's always something that can be tidied up!

Unknown_User

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

Find an exercise you don't hate. For example the treadmill is (can be) pretty easy and low impact - it's my go to warm up exercise. But if I'm not feeling it that day I skip all the hard stuff and just do the treadmill longer.

Commenter_16

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

Find something you enjoy and the time that works for you. It helps if you can make that time consistent, but if you fall off track go at anytime you can pull yourself to do it.

I fell of my meds last week and have been hyper fixating on whatever is put in front of me. Enough water, food, and exercise doesn't help instantaneously.

So I go on my walk when I can convince myself to. Even if it's raining towards night, if I can get into the mood, I go.

It's better to build it up and accept that you won't always be able to beat your adhd. So start slow with once a week, and slowly beat adhd with small habits.

Commenter_17

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

I use music to help me "build the bridge". If you've got a playlist of music you only play while you work out play it, and your brain will magically go "oh, it's workout time." and boom. You're ready to workout.

Commenter_18

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

Beat saber fixed this for me I can get in similar cardio to tennis in my living room and listen to some good music

Commenter_19

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

Unfortunately, human motivation is fucked up backward, so the way to get the motivation to exercise is first to exercise. It gets a little easier every time you do.

Ideally, it's something you'll be doing for the rest of your life once you get going, so there is no need to start big. You can easily spend a lot of time building up to a nice healthy place and that is a good thing.

So, start small, and build slowly.

Running/jogging is a very accessible activity since you don't really 'need' anything at all to do it, and it can be done everywhere. Good shoes will help of course, but it's not actually needed to get started. I got started with a program called Couch-to-5K (and finished it just a few weeks ago, so I haven't been exercising for years), which spends 9 weeks slowly ramping you up to run/jog 5km (~3.1miles) without breaks. Not in an impressive time, just getting there. You'll start with just walking, and introduce a little bit more running/jogging and a little less walking as you progress, and by the end, you'll be running/jogging the entire way between a warm-up and cool-down.

If other activities are more your jam, go. Just start very small and build slowly. Try committing to

for instance twice a week for 2 months, and then ramping to 3 times a week for two months, and see where that gets you. Again, no need to start big, and for the first few weeks, you don't even need to get sweaty.

Arnold Swartsnegger also had a good tip about how to start exercising regularly. I'll be paraphrasing, but it's something like:

"If you want to begin working out regularly, the best thing you can do is just to go to the gym every day. You don't need to even bring clothes or even do a single exercise while there, but just go there every day and you'll get into it."

Commenter_20

ID: REDACTED! ~(o.o)~ <3, Upvotes: 55

When you run out of Great British Bake Off, try the Great British Throw Down - it's the same thing But with pottery.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 12

Thank you, I will. :)

Commenter_21

ID: REDACTED! ~(o.o)~ <3, Upvotes: 13

Additionally The Great British Sewing Bee, exact same vibes

Commenter_22

ID: REDACTED! ~(o.o)~ <3, Upvotes: 10

Us based option with some similar vibes - Making It (with Amy Pohler and Nick Offerman)

Commenter_23

ID: REDACTED! ~(o.o)~ <3, Upvotes: 18

\>Scared of creating a PR for the pile of changes you really should have chunked up into smaller iterations?

Wow, I thought I was the only one guilty of this

Commenter_24

ID: REDACTED! ~(o.o)~ <3, Upvotes: 10

Exercise especially one that gets your heart rate past 160bpm, at 170bpm you start to feel like a god. Puts your in that HITT zone.

My current regiment is two table spoons of instant coffee (to speed up heart rate) then morning jog, anxiety is slowly becoming a distant memory.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

That sounds terrifying, but whatever works! :)

Commenter_24

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

Minus 220 from your age and you will know your safe max heart rate, so not as terrifying as it sounds, just really intense

Commenter_25

ID: REDACTED! ~(o.o)~ <3, Upvotes: 10

I know this is true for myself but hate exercising after taking my meds cause my heart races. Does anyone

have recommendations?

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 13

I had the same problem so I have been starting my day with exercise and taking my meds after my heart settles down.

Commenter_26

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

Yoga?

Commenter_27

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

Weight lifting is a good alternative to cardio. Still gets the heart going but not nearly as much, and you can always rest for as long as you need between sets. You get the benefits to mood/energy, plus building some muscle which is nice. Just, you know, drink water and make sure to eat well

Commenter_8

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

Stretching exercises, yoga and tai chi.

Commenter_28

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

As much as I hate to admit it exercise is the number one thing that helps me manage adhd! I recently got into bouldering because I detest the gym and omg it has helped me so much! Just as much of a work out but also engages the brain, and the climbing routes get changed frequently so it's always new. First time I have ever been actively excited to exercise regularly!

Commenter_29

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

Indeed, exercise helps tremendously. Even just a brisk walk is enough to bring you to a sweat. To take it to the next level of focus and concentration take a cold shower after exercising.

Commenter_30

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

Of course. This has been a known thing with adhd and depression for a long time

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

I figured out exercising is a must for me and I've been doing it almost daily appart from weekends because drinking and being demotivated the next day. But on the days that I do go workout, even on the weekends, I feel a more purpose in everything I do, even if it's daily chores. Only problem is, I have to get my workouts in the morning, during work I can't stop and do them and after work feels useless for that purpose

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

[deleted]

Commenter_31

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

I'd be into this. I know it really helps. I don't have anyone in my life to do this with right now and dang I need to get back into regular exercise. Regular exercise makes EVERYTHING better. I'm in, let's do it.

OP

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

I ran for 30 minutes today. WBY?

Commenter_31

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

Ugh sitting here getting some work done but know I need to gooooo.....

OP

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

I ran for 30 minutes today, and writing it down here seems to help motivate me... :)

OP

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

I did it again. :)

Commenter_32

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

But do a workout that is fun to you! I wanted to pick up this 200 reps a day - is boring and hard. Maybe tomorrow I would try with a dancing workout

Unknown_User

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

20 minutes of light walking and I need a two hour nap :/

Commenter_33

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

:-)

<https://www.youtube.com/watch?v=R2\Mn-qRKjA>

Commenter_34

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

Dang Imma be exercising all day

Commenter_33

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

Yes

Commenter_35

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

This week I discovered a few songs on Beat Saber seems to work. Gonna run with it.