

Coping

What I do to cope is I get lost in listening to pod casts, music, playing video games, watching movies, reading a book on the tablet, thank god for the tablets. Also I meditate.

The majority of inmates in the prison system from what I see cope by getting high and staying high. When they're not high they're scheming on ways to get the drugs. That's where you see a lot of stealing, extortion, robbing, double cross, triple cross and accompanied by violence. Such as stabbings, heads getting cracked open with locks and Gang wars.

I mean I don't see why all these so called highly educated people running the prison system don't see the easy fix to this problem. Start selling drugs through the canteen window and tax it regulate it like alcohol and weed. And put all gang members in CM Camps permanently til release date, but then again they probably already know this and want us all (inmates) to kill each other off.