

Cultural Daily

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TV Shows to Watch If You're Feeling Down

Our Friends · Thursday, December 4th, 2025

We all have those days... where we feel like everything is going against us. Sometimes, the feeling immediately rushes in as you wake up, and that alone makes it harder to get out of bed and function. On days like that, what I usually do is watch a good TV show that would help me *escape* that feeling. I've spent a good amount of time watching a lot of TV series in the past, but I have my go-to shows that I could rewatch all day so that I could lift my spirits up.

If you're in that mood right now, it will be okay and it will get better, as always. As for me, these are the TV shows I usually watch on **streaming services** when I feel down. They don't magically fix what I'm feeling but they do offer a small sense of comfort and normalcy when life feels overwhelming.

The Good Place

4 Seasons | 52 Episodes

The Good Place is about a lady named Eleanor Shellstrop who wakes up in a perfect afterlife... only to realize she definitely doesn't belong there. This show is really hilarious because Eleanor's attempts to be good are totally relatable as it is awkward. But, what I love about this show is beyond those laughs, I get to realize a lot of things because it's also filled with life lessons that even adults need to learn and remember. If you're planning to watch The Good Place for your next **TV streaming** session, you're in for a fun night.

Brooklyn Nine-Nine

8 Seasons | 153 Episodes

No doubt, no doubt, no doubt. Yeah, definitely, no doubt about this show. Brooklyn Nine-Nine is about the detectives of the 99th precinct in New York. This is one of my comfort shows because it's so easy to get lost in that I kind of forget what I'm feeling. The characters are ridiculously lovable and every episode feels like it's made with heart. My favorite character is Rosa because... well, she's tough, sarcastic, and completely unapologetic about who she is. Her deadpan one-liners are gold.

Wednesday

2 Seasons | 16 Episodes

This might be a weird choice, but if we have the same humor, you'll understand why I've included Wednesday on my list. This show has this dry and sarcastic vibe that somehow feels very comforting when you're not in the best mood. Wednesday Addams just says things the rest of us are scared to admit. And when I see her walk around with zero fear and zero interest in pleasing anyone, it's oddly empowering.

I don't know if it's just me but I find her character extremely hilarious. Meh, it's just probably the people-pleaser in me that's liking her so much because she doesn't pretend. I remember binge-watching this while I was on a vacation somewhere far. Oh, and if you're planning to stream this via mobile, make sure to have fast mobile internet like the one from [Boost plans](#) so that you don't have to worry about endless buffering.

Friends

10 Seasons | 236 Episodes

For someone with a small but solid circle, watching Friends is like watching my own story unfold before my eyes. I find it really comforting to watch Monica, Ross, Rachel, Chandler, Joey, and Phoebe go through life together. I mean, Chandler with his sarcasm and Phoebe being... Phoebe, it's just what I need whenever I'm down. It's one of those shows that makes you less alone even if you've watched it a hundred times before.

Final Thoughts

Feeling down is just one of those things we all go through even if we don't always talk about it. Some days feel heavier than others, and that's completely normal. The most important thing is to find little pockets of comfort that help you breathe and slow down, just like watching these TV shows. If you're in that space right now, I hope at least one of these shows gives you the same kind of comfort. You'll make it through, don't worry. Happy watching!

Photo: Freepik via their website.

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