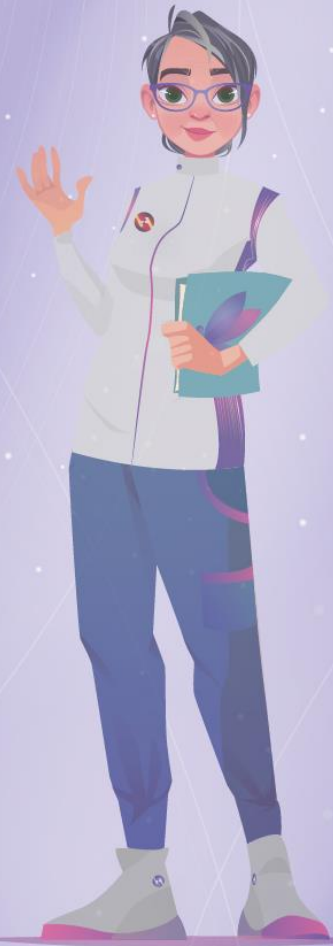


Your Virtual Guide to improve your
Mental Health and Wellbeing.

Tips for dealing with boredom

This self-help guide was made to help
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for
a **Psychological Coaching** with our Clinical
Psychologists.

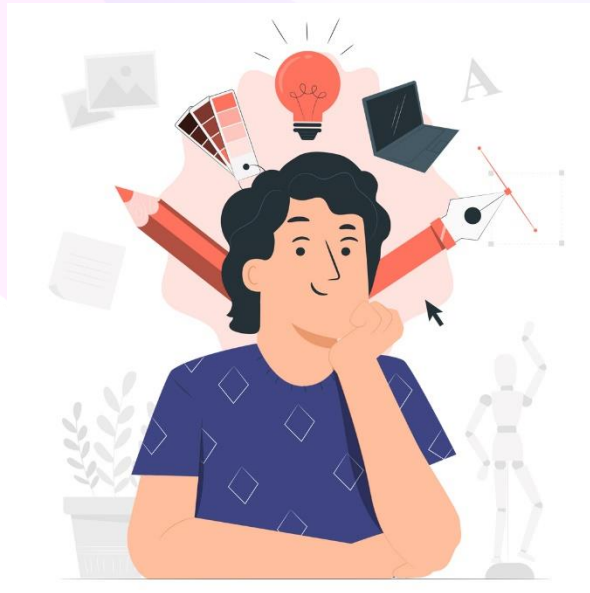


BOREDOM

Boredom is a sign that we are not engaged in a meaningful way with the world. It is telling us to stop doing what we are doing and to do it better, or to do something else.

Studies have shown that even if something is objectively meaningful it doesn't imply that it feels that way all the time, and even meaningful work can become boring if the person doing it finds it too difficult or too easy. And after that happens, people may have difficulty staying concentrated (Westgate and Wilson, 2018).

To prevent boredom and keep it from happening, we need to find solutions at home that will provide both meaning and long-lasting challenges.



RECOMMENDATIONS TO DEAL WITH BOREDOM

1. **Focus on your ultimate goal.** Being bored can make you feel apathetic or unmotivated. This can make things worse, especially if you are trying to complete an important task for school or work. In order to be productive when boredom is affecting your motivation, you could try focusing on your ultimate goal in order to complete a project.

For example, if you're trying to write a paper for school, but you don't feel motivated enough to do it, try thinking about why you want to do well at school or work. You can focus on your academic goals. Or, you can focus on professional goals, like doing well enough in the course to receive a recommendation from your professor.

2. **Engage in physical activity.** Keeping your body active will help keep your mind active. This can help to relieve boredom. Being active is not only great for your physical health. Evidence also shows that it can improve your mental well-being by: Boosting your self-esteem.
3. **Help to set goals or challenges and achieve them.** Chemical changes in your brain can help to positively change your mood.
4. **Take breaks to keep tasks from becoming mundane.** If you're jumping into a long project, give yourself something to look forward to and reward yourself for thirty minutes of work with a short two-minute break.

Step out of your workspace for a minute, even if you just walk to the kitchen for a glass of water. Those few minutes can be very refreshing. Go out into the garden, terrace or any other space you have to get some air.

5. **Learn a new skill.** Taking up a new hobby or pastime will give you many hours of distraction away from boredom.

If you've never paid much attention to the arts and you would like to, consider learning how to do sculptures, paint or draw. You can find many tutorials online. You can also teach yourself a craft, such as knitting.

If music is appealing to you, but you don't know a lot, consider learning to sing or to play an instrument. When you're bored, you can practice your instrument at home.

If you like to cook, buy a cookbook and prepare a new dish every day. Try to experiment with a style of cooking that is completely new to you, such as French or Thai.

6. **Reorganize your home.** If you're bored, there's almost always something in your home that you can tidy, arrange or clean. Maybe your books are not alphabetized (you can also sort them by color, if you want

to give them a more artistic touch). Maybe you have a lot of clothes that you haven't hung in your closet yet. If you're bored, get your home a little reorganized. This will give you a real sense of accomplishment as well as reduce your boredom.

If you need inspiration on how to better reorganize, try searching articles on the internet for fun and creative ways to reduce clutter in your home.

7. **Do something you've been putting off.** Avoiding something you need to do while feeling bored is a lose-lose scenario. Focus on those tasks, it will help you with keeping your mind busy and you'll finish what you've been avoiding.

Is there a chore you've been putting off? Maybe you hate doing laundry, but you have piles of laundry piling up. If you're feeling bored, you can also occupy your time by making progress on postponed household chores.

Many people procrastinate over important things, like paying bills. If you're bored, why not pay your cable bill, health insurance or credit card bill early? You'll feel better knowing these bills are covered for the month.

If you're a student, do your homework. Doing it will allow you to spend your time productively.