

Battling Boredom

Week of April 6th- April 10th

From the Wellness Center

OVERVIEW & PURPOSE

Boredom is a tricky thing- it can lead to unending amounts of creativity or it can take a heavy emotional toll on us. We have moments throughout life (especially now) where boredom takes over. Our moods may look like, “I don’t have energy” or “I don’t feel like doing anything”. It is important to push ourselves and allow our brains to spark an interest and to get creative so we get up and do something. However, it is also important to know when our boredom has become emotional pain and we possibly are feeling symptoms of anxiety or depression. Part of our journey in this quarantine is to support each other and be there for one another. The easiest way to battle boredom is to do something different than what you were previously. Working together as a family will create endless opportunities to beat boredom!

Some Ideas To Think About

- Get a Penpal! Try writing letters to friends, family or teachers!
- Create a new recipe- maybe create a new pizza flavor or a new seasoning
- Write a poem, song or story
- Virtual scavenger hunt with friends
- Remember, even though we are social distancing, technology has created the space to stay connected with friends and family! Try the *Houseparty App!*

Articles

Short Read:

<https://www.inc.com/jessica-stillman/lockdown-can-make-you-more-creative-science-says.html>

Longer Read:

<https://www.psychologytoday.com/us/blog/surviving-your-childs-adolescence/201408/adolescent-boredom>

**If you have any questions please call the Wellness Center at (530) 280-2009.

