

5 Benefits of Boredom

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In today's fast-paced world, we are constantly surrounded by stimulation, from social media and streaming platforms to nonstop schedules and endless to-do lists. While staying busy can feel rewarding, constantly filling every moment can leave little room for our minds to slow down and recharge. That is where boredom comes in. Often seen as something to avoid, boredom can be a powerful and beneficial part of our mental well-being for both kids and adults. When we allow ourselves time to be bored, we create space for rest and reflection. *Below are five benefits of being bored:*

1. BOREDOM IMPROVES ATTENTION

When our brains become too overstimulated—or even after hours spent “decompressing” on our phones—the most enjoyable day of summer activities can actually add to our mental clutter. Making space in our schedules for boredom allows our brain to decompress from the noise, organize our information overload, and reallocate the energy needed to pay attention to more productive or desirable outlets.

2. BOREDOM DECREASES ANXIETY

Similarly, when our brains are active for too long, our nervous system can get overstimulated. Small doses of boredom help our bodies and minds to regulate by reducing sensory input and hitting the “reset” button on our sympathetic nervous system.

3. BOREDOM SPARKS CREATIVITY

That's right! Our brains naturally crave stimulation, and letting ourselves be bored gives them a reason to explore. When we practice boredom, we are making space to engage the creative, curious, and adventurous side of ourselves that is eager to seek out and try new things.

4. BOREDOM STRENGTHENS INDEPENDENT THINKING

Giving ourselves permission to be bored allows us to explore our own ideas and personal interests. Instead of relying on external support, we learn to trust our independent thoughts and discover what really excites us.

5. BOREDOM BREAKS THE CYCLE OF BEING “CHRONICALLY ONLINE”

Our ability to focus and self-regulate emotions, thoughts, and actions is tied to our ability to tolerate boredom. Intentionally leaning into boredom, instead of escaping into the instant gratification found on our devices, allows us to practice patience and self-soothing while we wait for our next task or event.

BOREDOM VS RELAXATION

Keep in mind boredom and relaxation are similar, but not the same thing! **RELAXATION** activities like yoga, reading, or watching a movie promote tranquility and peace in our body, but often still requires a significant amount of mental focus. It's hard to zone out when you're trying to balance in Tree Pose!

On the other hand, **BOREDOM** is found when we intentionally engage in activities that require little to no concentration, such as walking a familiar route, folding laundry, or swimming laps in a pool. During these moments, we let our mind wander with no stimulation—no music, no podcasts, no phones. These are the spaces where our brains can truly rest, reset, and recharge.