



What to do when your
bored?

Try 10 Things 😊

Take a step back and look at your life. Are you where you want to be?... In most cases, the answer is no. Then how come you ask yourself "[what to do when your bored?](#)" when you're not where you want to be? Use your time wisely. Do something today that your future self will thank you for. Do your best... NOW!

According to [H. Jackson Brown, Jr.](#), 'doing your best today is the best preparation for tomorrow'. By doing your best now, you can be prepared for the days to come. Don't let your productivity falter.

Boredom is one of the biggest discomforts we have in our lives. It will cause our productivity and perseverance to deteriorate and eventually destroy it completely. How do you defeat boredom? Here's the answer.

So, what to do when your bored?

Connect with your family



We are all part of a whole. We are made to interact with other people. When you are bored, connect with your loved ones. Engaging in conversations will help you pass the time in a constructive way.



Hobbies!

Each of us has many interests: movies, books, sports, music or dancing. Engage in your hobbies to lighten up your mood. Gather up your motivation and start doing your favorite hobby today!

Boredom killing tip: The longer you stay stagnant, the harder it becomes to move. Act immediately when boredom strikes.

Boredom killing tip: Your present hobby is a great source of new hobbies.

Try something new



One reason you're bored is because you keep on doing the same thing over and over again every day. Try new route in your jogging area, or a new music instrument. Try adding new exercises to your workout routine. If you are writing a book, try skipping to other chapters. This will add excitement to your boring routine.

Learn to meditate



Sometimes, our mind can't focus on one thing. Our mind wants to do everything at once. This will lead to a restless form of boredom. Meditation is your weapon against this kind of boredom. Meditation silences a busy mind. It is your way to rewire your thoughts and get your mind straight.

Explore areas you haven't been to



You are probably buried in your workplace. Maybe you haven't seen everything in your city. Dare to go out and explore. Go to places you haven't been to. Enjoy the scenery while you explore. Visit places in your town or city and see what it has to offer.

Get out of your comfort zone



Dare to step out of your shell and see the world. Sometimes, you need the courage to defeat boredom. Boredom, at times,

invokes courage. Grab the opportunity and face your fear. That way, you'd be killing two birds in one stone. You killed boredom and conquered fear at the same time.

Set your goals and record your progress



When you don't know what to do, you end up getting bored. But you have lots to do! You just don't know what and how to start. So, you have to set your goals. Break bigger tasks into smaller milestones. Each goal cultivates your motivation. And if you are motivated, you will not get bored. Record your progress. You feel happy if you see what you have accomplished. If you think that you are not satisfied with your progress, you will be driven by the desire to push harder. That way, you will never get bored.

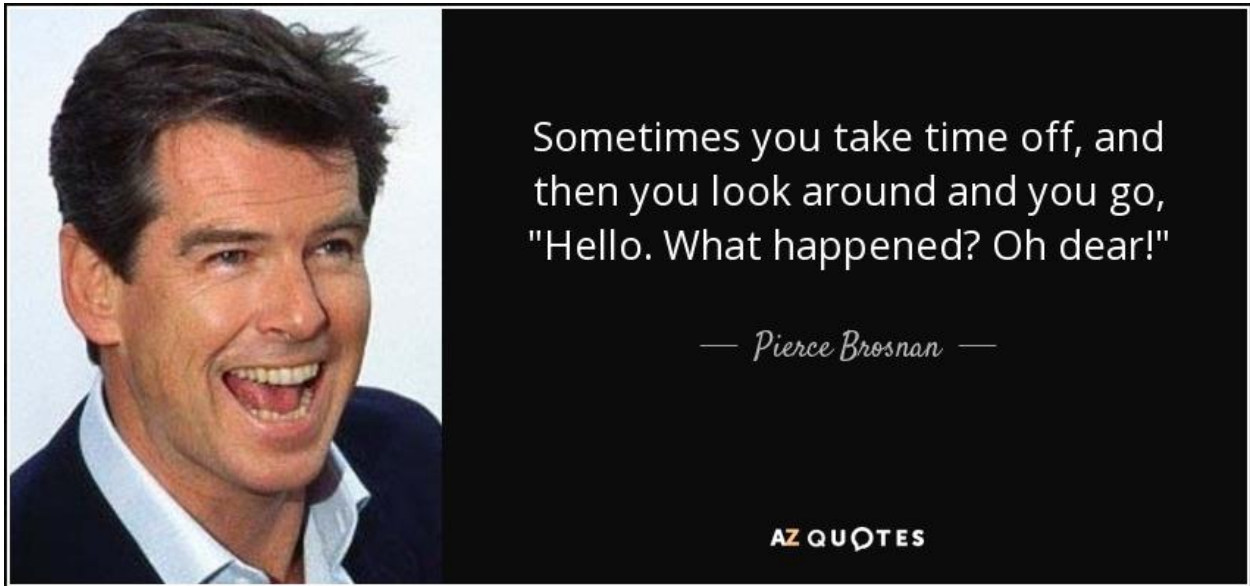
Talk to people



We are social beings we need to talk to people. Start conversations, even with strangers. Talk especially to people who looks bored to death. You help each other defeat boredom. Plus, you gain a new friend!

Tip: make sure the person is open for a conversation. If that person is wearing headphones or is reading something. That person most probably is not open for talking.

Take time to look around



Boredom is a barrier made by the dull daily routines. The boredom barrier makes you unable to look and appreciate your surroundings. So, break the boredom wall and look through the fog. Just look around and interesting things will present itself.

Boredom and overeating



Most people tend to resort to food when bored. **DON'T!** It shouldn't be the solution of what to do when you're bored. It is wrong to fill the boredom void with food. I do not recommend skipping meals but you should not grab a snack just because you are bored.

Eat only when you are hungry. Do not let the urge to eat control you. This will lead to overeating and obesity.

Experts suggest that 75% of overeating cases are due to emotional causes such as boredom, anxiety, sadness, frustration, and other negative emotions rather than the actual hunger itself.

These are the best things you should do when you're thinking about what to do when your bored and will help you to reach there where you want to be

BE HAPPY! 😊