

Journal May 6th, 22:00

2018-05-06 22:06:06

“A follow-up to the study by Killingsworth and Gilbert showed that mind-wandering was a mood-enhancer in at least one specific context: when the ruminators judged their own thoughts to be interesting. Another study found that thoughts related to the future and the self are followed by periods of markedly improved mood, even if the thoughts themselves were negative.” – Can a Wandering Mind Make You Neurotic? - Facts So Romantic - Nautilus

This is probably why I like to write tweets and writing makes me feel happy, whatever I write at the end.

My mind wanders. If I write them down, it's a success and I see them on the page for a moment. They may not be interesting for others but most of them are entertaining for me.

Maybe I should simply stop trying to cease my wandering mind and cultivate it to bring me more interesting thoughts.