

Bord?by: with the  
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BUSTER**

Bord? By: Shauna Sigren, January 10th, 2017 At some point or another we've all had the weary feeling we get when we are unoccupied. Many people feel bored because disconnecting from the world is their way of protecting themselves from difficult situations or emotions. When we are not engaged in something it feels strange to us.

Not doing something makes us feel guilty and vulnerable. To help alleviate these feelings of boredom and find motivation here are some steps you can take. The first step toward feeling motivated is to let yourself to feel boredom. Allowing yourself to feel bored means inviting it in and sitting with it when you want to run from it.

This way you can confront your fear with the feeling head on and possibly find the root of the problem. Try to find out why the feeling of boredom is so uncomfortable for you. Maybe it's because you are afraid of not using your time to prepare for something important, or maybe it is because you have negative emotions that are consuming your motivation. Whatever the case may be, in order to overcome boredom you must directly confront the reason for your discomfort. The word " boredom" wasn't introduced to english language until 1766. It appears that there just was no need for the word. Therefore, boredom is a somewhat new phenomenon.

The number of people suffering from boredom seems to have gotten larger with the increase of technology. Another thing you can do is stop using electronics to avoid problems you could be dealing with during your spare time. When finding something to do, most Americans always turn to the same thing, technology.

People purposefully waste their time binge watching shows and checking social media and messages in a desperation to keep themselves busy all the time. Many times people assume they are bored, when they are subconsciously procrastinating. This means some people delay having to complete tasks they do not like.

In this case boredom can come from not being able to find something to postpone your task doing. This can bring on feelings of anxiety and stress. People feel the desperate need to find something to consume their time with to avoid the task they don't want to face.

To alleviate this feeling, try to think of why you may fear the task you are avoiding. Once you do this you'll have gotten to the root of the problem. Face the issue head on and then motivate yourself to complete the unpleasant tasks. Once you get out of the way the activity you are avoiding you will be able to relax in peace and gain back the motivation for new activities. There is a big importance in making sure we keep refreshing our motivation.

Inspiration can create a huge the difference in overcoming boredom.