

I am bored

Posted by Fightforfreedom - 29 Aug 2023 16:02

dear gye friends,

I am seeing small improvements with myself.

I Find myself feeling low energy and bored during day.

I work but have free in middle of day

not interested in much.

I have a Difficult time learning anything.

what are bite size things i can do when I feel like this.

Calling or messaging friends not gonna help that much.

Don't have what to talk about especially if I feel this way.

Any suggestions

=====
=====

Re: I am bored

Posted by yitzchokm - 29 Aug 2023 16:24

Examples given by GYE to distract which might work in your situation as well depending on the setting and the things you enjoy are exercise, journaling, listening to a shiur or music, a hobby

or personal project, or learning a new skill or a language. The main point is that it should be something easy and accessible and that is fun and enjoyable. If you are trying to deal with an urge it would also have to be something that requires your full attention. Each person has different interests and different things they find to be fun and enjoyable so if none of these work try to come up with other solutions that you have found in the past or might find them to be fun and enjoyable. You can write down a list of everything you can think of that might fit these criteria regardless of whether you think it would be fun and enjoyable for you and then pick one or two things that might work for you and experiment with them and see how you feel afterwards.

=====
=====

Re: I am bored
Posted by Fightforfreedom - 29 Aug 2023 16:31

Thank you for your response.

=====
=====

Re: I am bored
Posted by bright - 29 Aug 2023 18:48

Had same problem here. What [yitzchokm](#) said. Excercise help a ton for low energy try an HIIT 10 min workout daily.

=====
=====

Re: I am bored
Posted by connected - 29 Aug 2023 19:08

This might sound like a radical idea:

Learn to be comfortable with boredom.

There's nothing wrong with being bored, and if you start feeling uneasy, you can explore that, "Why am I feeling this way?"

Boredom usually leaves us alone with someone we don't know too well and don't like that much. (See Rabbi Twerski Z"L: [My Own Struggle with Low Self-Esteem \(2008\)](#))

I'm learning that by sticking to it, I'm actually getting to know myself. I'm a pretty fascinating guy.

Of course, when the serious, foul-smelling stuff starts coming up (y'know, the stuff I don't like to admit), I'm tempted to flee the scene and act out. (Which is why boredom is so uncomfortable in the first place.)

But escaping boredom at every opportunity isn't exactly the solution.

=====
=====

Re: I am bored

Posted by chaimoigen - 29 Aug 2023 19:27

[connected wrote on 29 Aug 2023 19:08:](#)

This might sound like a radical idea:

Learn to be comfortable with boredom.

There's nothing wrong with being bored, and if you start feeling uneasy, you can explore that, "Why am I feeling this way?"

Boredom usually leaves us alone with someone we don't know too well and don't like that much. (See Rabbi Twerski Z"L: [My Own Struggle with Low Self-Esteem \(2008\)](#))

I'm learning that by sticking to it, I'm actually getting to know myself. I'm a pretty fascinating guy.

Of course, when the serious, foul-smelling stuff starts coming up (y'know, the stuff I don't like to admit), I'm tempted to flee the scene and act out. (Which is why boredom is so uncomfortable in the first place.)

But escaping boredom at every opportunity isn't exactly the solution.

I appreciate this point tremendously.

Also, when feeling bored and being uncomfortable with it, you are uncomfortable with "being", and looking for stimulation and excitement.

This, by definition, puts you in a posture that's dangerous.

"Stimulate and distract me" is an beckoning invitation to a certain demon whom I have known all too well. She usually doesn't need to be asked twice....

=====
=====

Re: I am bored

Posted by Fightforfreedom - 29 Aug 2023 21:20

I have tried sitting with it

I just sit and sit. And be on my phone even looking up stuff to learn.

I feel empty. I know I need action.

I do take walks sometimes 10 min after that I still have to figure out what to do the day us long

=====
=====

Re: I am bored

Posted by yitzchokm - 29 Aug 2023 21:53

Unfortunately, there are many people who feel terrible about themselves when they aren't engaged in a specific activity. Mindfulness practices are all about being in the moment but western society associated all our values with productivity. This being said, too much free time isn't healthy either and a person needs to find the right balance. When someone is experiencing negative emotions being in the moment or engaging in an activity can both be useful. Being in the moment has an advantage that it can be done at all times and in all circumstances and it isn't dependent on anything outside of the person. It has the disadvantage that it requires some practice until you can reap all the benefits.

Jumping up and down also has another advantage, as these hormones are released even faster than with other forms of exercise. **Serotonin is a neurotransmitter, which helps reduce anxiety.** When the levels of serotonin in our bodies are low, we are more likely to feel gloomy and depressed.

When you are jumping on a trampoline, the movements of the body cause your brain to release the hormone serotonin. This hormone is responsible for making us feel happier and relaxed. It also **helps to improve our moods**, reduce anxiety and depression and regulate sleep patterns. Aug 29, 2022

i found this info.

Actually I took my kids to Sky Zone a few weeks ago.

I jumped as well

I actually felt very good after.

Going to try jumping for a few minutes here and there.

=====
=====

Re: I am bored

Posted by bright - 30 Aug 2023 00:13

[shmira101 wrote on 29 Aug 2023 21:57:](#)

[connected wrote on 29 Aug 2023 19:08:](#)

This might sound like a radical idea:

Learn to be comfortable with boredom.

????? ?????? ????? ??????

Our productivity may not be the way to assess our value, but it is important for a person's mental health to be somewhat active. We all need some breaks, but being active is the way to go. Find things you enjoy and go for it

(:I will say, connected's suggestion got me. It sounds great to spend some time with yourself and get to know that great guy

...I would only caution that too much time spent just thinking will probably end up with you daydreaming. Or looking on your phone for SOMETHING

=====
=====

Re: I am bored
Posted by Eerie - 30 Aug 2023 23:34

Don't know why it came out so funny or how to change it

=====
=====

Re: I am bored
Posted by shmira101 - 31 Aug 2023 01:23

[Eerie wrote on 30 Aug 2023 23:33:](#)

[yitzchokm wrote on 29 Aug 2023 21:53:](#)

Unfortunately, there are many people who feel terrible about themselves when they aren't engaged in a specific activity. Mindfulness practices are all about being in the moment but western society associated all our values with productivity. This being said, too much free time isn't healthy either and a person needs to find the right balance. When someone is experiencing negative emotions being in the moment or engaging in an activity can both be useful. Being in the moment has an advantage that it can be done at all times and in all circumstances and it isn't dependent on anything outside of the person. It has the disadvantage that it requires some

practice until you can reap all the benefits.

????? ?????? ????? ??????

Our productivity may not be the way to assess our value, but it is important for a person's mental health to be somewhat active. We all need some breaks, but being active is the way to go. Find things you enjoy and go for it

(:I will say, connected's suggestion got me. It sounds great to spend some time with yourself and get to know that great guy

...I would only caution that too much time spent just thinking will probably end up with you daydreaming. Or looking on your phone for SOMETHING

And if we are honest enough we can look one line up in that same Mishna, ?????? ??? ???
???????? ?????? ????? ??????

=====
=====