

# HOW TO COMBAT BOREDOM

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**B**oredom is a common feeling – a sense of being uninterested in an activity or unsatisfied with a task. Boredom may occur when you feel energetic but have nowhere to channelise that vitality. It may also occur when you have difficulty focusing on a task.

Children and adolescents often complain of feeling bored. At times, they may complain when they're uncomfortable dealing with their thoughts or feelings. When you're bored, you may have a limited attention span, you may feel apathetic, fatigued, nervous, or jittery; it is marked by a feeling of emptiness, as well as a sense of frustration.

Adolescents frequently experience boredom, even when they're given more freedom to choose what to do with their time. They're still learning about themselves and their interests. Not knowing



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where to focus can lead to boredom. And while there are no tests to diagnose it, boredom that lasts for long periods of time, or occurs frequently, may be a sign of depression.

You can help a child cope with feelings of boredom when they arise. Encourage children to communicate. Address their feelings without questioning its validity. Take time to help them identify the caus-

es of their boredom and find creative solutions.

## To help prevent boredom:

- Keep a record of the circumstances in which a child becomes bored. Note the time of day, place, and activities preceding the boredom, so you can avoid those circumstances.
- Make routine tasks more interesting by adding a unique element. For example, start timing tasks to see how fast you can do them.
- Combine multiple repetitive tasks so they can be done together.
- Break large tasks into smaller ones, and plan breaks or rewards at key milestones.

Boredom is common in all ages, and at times unavoidable. However, learning how to deal with it at a young age will develop problem-solving skills that will help in the future.