



# BORING BOREDOM

## INSTRUCTION SHEET

See Video at [rebuildup.com/BB](https://rebuildup.com/BB)



If you typically find yourself getting angry and frustrated whenever you're bored, you can always bore your way out.

To clarify, the word bore has multiple meanings. One is to drill into something and the other is to make something dull, tiresome, or you know, boring.

Put another way, when we're happy and entertained, our mind is processing new and fun things. Boredom, on the other hand, is when this system suddenly locks up.

This locking up can cause frustration and anger that builds up and eventually explodes causing bigger problems for us than just being bored.

To help keep cool in these times of nothing to do, we can apply the boring technique to get our mental gears turning again.

To demonstrate, let's use the example of being bored while stuck in traffic.

To start, bore into how you got in the traffic in the first place. If you have a pen and paper handy, you can draw this out.

Where were you before you got stuck?

Where were you before that?

Next, try boring into something in front of you like this green jeep.

What parts come together to make it a jeep?

What would it look like in different colors?

You can also think about what it would be like if you were stuck in traffic somewhere else.

Keep the wheels in your mind turning by boring into everything around you until the congestion clears up and you're back on track without the boredom induced meltdown.

*This video is for entertainment purposes only. Consult a medical professional for health issues.*

# BORED

