

Untitled Document

As a child, there came to me a certain dreaded point in every school holiday. Actually, the word 'dread'

Those in the know say that there are different kinds of boredom and that children feel bored because th

The boredom that children feel are mostly what author Jessica Leber calls the 'reactant' kind, which ref

As adults, boredom is viewed as dangerous because we try to self-medicate our way out of it with 'fun'

Research has shown that, in a monotonous lab situation where electric shocks were the only available

But, what exactly is the feeling we so badly want to escape from that we're willing to hurt ourselves? Le

Immanuel Kant said that in the absence of a theological horizon, human life appears as a series of

Okay, girlfriend, just before we start self-administering electrical shocks, I should tell you that I discover

Look at it this way: "We crave for more time. However, when we have free time, we don't know what to

Gustavo writes that boredom is not external; it's how you engage with the world. It is a mental state you

Gustavo says that's also why we embrace busyness. You don't realize you're bored when running from

□ Friedrich Nietzsche writes that “he who fortifies himself completely against boredom fortifies himself against life.”

Sakyong Mipham identifies three kinds of boredom. The first has an undercurrent of anxiety. You are not sure if you are really here.

The second kind of boredom is rooted in fear – you are afraid of being alone. Confronting yourself in solitude is terrifying.

The third kind has to do with insight – realising that what really makes us feel bored are our thoughts, not the world.

Ultimately, boredom forces you to notice how you connect with the world. And yes, I know, this might not be the most exciting prospect.