

Being bored is good for your brain. It acts as a mental reset that boosts creativity, encourages problem-solving, and activates the "[default mode network](#)," a brain state responsible for introspection, daydreaming, and complex thinking. Rather than a negative state, it provides essential downtime that helps your brain recharge, reducing the need for constant, addictive stimulation.

Why Boredom Boosts Brainpower

- **Boosts Creativity:** When the mind is not occupied with external tasks, it starts to wander, allowing for unique connections between disparate ideas.
- **Activates the Default Mode Network:** Boredom triggers this brain network, which engages in autobiographical planning, Goal setting, and evaluating life's deeper questions
- **Improves Mental Health:** It provides necessary breaks from constant screen usage, allowing the nervous system to relax and lowering stress.
- **Encourages Productivity:** Often, boredom causes a feeling of restlessness that pushes people to seek new, productive activities or solve problems they previously ignored.
- **Reframes "Downtime":** Instead of seeing it as a void to be filled with phone-scrolling, embracing boredom helps people become more comfortable with quiet and stillness.

Tips for Productive Boredom

- **Avoid Immediate Stimulation:** When you feel bored, do not instantly grab your phone. Allow yourself a few minutes to feel disengaged.
- **Embrace Wandering Thoughts:** Let your mind think about what it wants to, rather than forcing it to focus on tasks.
- **Engage in Simple Activities:** Go for a walk without music, take a long bath, or watch the world outside without a specific purpose.

Allowing kids (and adults) to feel bored is crucial for the development of creative thinking and self-regulation.