**The Balance of Boredom**

Just a few generations ago, people's lives left them with little to no downtime. Now, in my generation, people are glued to their devices. They are scrolling endlessly through social media, listening to music or watching shows, to the extent that their brain is constantly active. As much as the human brain can compute and memorize, it also has its limits. But little do they know, they are holding back their true power: boredom. Being bored is a healthy thing that everyone should experience. **From sparking new creativity to enhancing overall brain health, the benefits of experiencing boredom cannot be denied.**

“Boredom is a search for neural stimulation that isn’t satisfied. If we can’t find that, our mind will create it.” - Sandi Mann. Neuroscientists have discovered that the brain has a mode that is activated when we are relaxing. **Taedium vitae** can encourage the emergence of creative ideas. This allows a person's reservoir of confidence to be replenished, reigniting motivation and the desire to work. These moments may seem **listless**, empty and useless, but all of the good ideas are just waiting in the back of your head to be awakened. Famous writers have stated that their most creative ideas came to them while moving furniture, taking a shower or pulling weeds.

But, do not go overboard with your boredom spree, this can lead to stress, increased listlessness, frustration and mental health problems. It is a good idea to have a balance of nothingness and liveliness. Even if too much boredom can worsen mental health, having a good balance between both can have an uplifting effect on your mental state. During exhilarating times, a chemical called dopamine is released in the brain which gives the sensation of “feeling good”. When the brain falls into a predictable pattern of pleasure, doing things that you might have enjoyed before will not seem as thrilling as it once has. This might be because your brain has been releasing lower levels of dopamine because it is used to all of this. A way to solve this problem is to be bored.

Most of the time when you are bored, you are more prone to engage in self-reflection. Studies have shown that people who are susceptible to being bored have an increased chance of engaging in self-reflection. Being bored allows you time to sit and think about your current circumstances and self-reflection is often the turning point for making self-changes and improvements in life. If you have nothing to do, you might as well do some self-reflection.

In conclusion, everyone should experience a dull moment every once in a while because its benefits can be life-changing. These moments of dullness can encourage the emergence of creative ideas while moving furniture, taking a shower or pulling weeds. Having a balance between being bored and being online can vastly improve your mental health. Finally, it gives you the perfect time to self-reflect, making you think of how to improve yourself. The benefits of boredom cannot be overstated. These moments may seem dull, empty and useless, but the benefits outweigh the nothingness while you are in the moment. Once again, the benefits of experiencing boredom cannot be denied.