

WE DON'T LET OURSELVES GET BORED ANYMORE - AND IT'S RUINING OUR MINDS

BY MARCEL PARRY
NEWS & FEATURES EDITOR

There was a time when boredom felt normal - like a natural part of being alive. Now it feels like an emergency. The second there's an empty moment, we reach for something: a phone, a notification, a scrolling feed. We don't wait, we don't sit still, and we definitely don't let ourselves be bored. And honestly? It's messing us up more than we realize.

Think about how your day actually works. Waiting in line? Phone. Sitting outside before class? Phone. Lying in bed trying to fall asleep? Phone again. We treat boredom like it's this

toxic thing that needs to be eliminated. But the truth is, boredom used to be the spark for almost everything interesting we ever thought about. Some of the best ideas happen when your brain finally gets quiet enough to hear itself. Now our brains never get that chance.

When you never let yourself be bored, your mind starts sprinting constantly. It's like you're always refreshing something - checking, tapping, scrolling. It feels good in the moment, but over time it makes focusing on anything harder. Even simple tasks start feeling impossible because we're used to instant stimulation every second. If something doesn't entertain us immediately,

we ditch it for something that will.

And it's not just attention spans that suffer. We lose imagination, too. When was the last time you were alone with your thoughts long enough for your mind to wander? Daydreaming isn't useless - it's how creativity actually works. All those random connections, sudden ideas, weird mental pictures, they come from stillness. From waiting. From space in your brain that isn't filled with content.

But we've trained ourselves to avoid that space. Silence feels awkward. Pauses feel uncomfortable. Being alone with our own thoughts feels heavy. So we escape into noise. Constant

noise. The kind that keeps you distracted but never satisfied. And then we wonder why we feel stressed, tired, or disconnected.

The funny thing is, people talk about boredom like it's the enemy of productivity, when the opposite is true. Boredom resets your brain. It forces you to sit with yourself long enough to notice what actually matters. Without it, everything blends together - the work, the fun, the conversations, the goals. Our minds never get to recover, so everything drains us faster.

Sometimes I think the reason so many of us feel overwhelmed isn't because we're doing too much - it's because our brains never get a break from

stimulation long enough to breathe.

Being bored isn't a failure. It's a skill. It takes practice to sit still and let your thoughts drift without immediately drowning them in TikToks or texts. It feels uncomfortable at first, but after a while you start noticing things again - ideas you forgot you had, feelings you've been ignoring, solutions that only show up when everything else finally shuts up.

We don't need more entertainment. We need more quiet. More empty moments. More boredom. Because if we never let ourselves be bored, we never really let ourselves think.