

FOR THE PERSISTENTLY FLAT.

BOREDOM IS A SMOKE ALARM

Boredom is not the problem; it's a symptom of misaligned attention

THE STOIC PRINCIPLE

When your own life stops interesting you, the problem usually is not the life. It is the relationship between your attention and the thing in front of you. Boredom is information about that relationship.

THE STOIC SUPPORT

"Each of us lives only now, this brief instant. The rest has been lived already or is impossible to see. NOW NOW NOW."

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five moves for restoring the texture before the alarm gets louder.

01 AUDIT THE INPUTS

What are you feeding your brain? Hours of feed? Constant stimulation? Numb is a predictable result of overstimulation. The first move is a fast.

02 FIND WHAT YOU USED TO LOVE

Not what you 'should' love now. What 12-year-old you, 20-year-old you, pre-kid you was excited by. There is a thread in there. Pull it.

03 GET OUT OF COMFORT, DELIBERATELY

Take a different route to work. Eat at a place you do not usually go. Sit somewhere you do not usually sit. Boredom is unfamiliarity-deprivation. Reintroduce it.

04 MAKE SOMETHING

You consume too much. Most of us do. Make. Bake. Write. Build. The maker chemistry in your brain is different from the consumer chemistry. You probably forgot.

05 TALK TO SOMEONE WILDLY DIFFERENT FROM YOU

A pro at something you know nothing about. A retiree. A teenager. A neighbor. Their lens reframes yours. Boredom is partly a lens problem.

THE REFRAME

Boredom isn't telling you your life is boring. It's telling you your attention has gone flat. Re-aim it.