

5 Benefits of Boredom

A number of studies show this often-avoided state is actually a key ingredient of cognitive and emotional health.

- 1** The discomfort acts as a motivator to explore novel pursuits.
- 2** Taking breaks allows the brain to recover and improves plasticity.
- 3** Allowing the mind to wander spurs creativity and innovative solutions.
- 4** Being able to tolerate boredom actually trains the mind to focus better.
- 5** Daydreaming provides an emotional respite from daily stressors.