



I'm not robot



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Blades of time game

Last updated november 18, 2020 If you're saying I'm feeling bored, it's important to realize that boredom and the feeling of being too busy are the same problem. Some people claim that I'm being too ambitious trying to bring down chronic boredom and work at the same time. I'd say the only way to get them out is simultaneously. The problem comes from how you manage your attention. Both boredom and movement stem from the feeling that there is a lack of quality in the way you focus your attention. Boredom is feeling that there are few ways to get attention. Work is forced boredom. This means that you feel there are ways to spend high quality attention, but your attention is being stolen from you before you can use it. I'm feeling bored: It's in Your Mind To feel that boredom and occupation are subjective. You can't look out in the world and say it's busy or boring. To say that these feelings are subjective is obvious, but this loses a key point. The real problem is quality. Being engaged, neither busy or bored, happens when your attention is focused on high quality activities. You can probably remember times when you were completely engaged. This could be working on a project for which you were passionate, spending time with your family, diving in the sky or vacationing under the sun. Why were you involved in these moments and not in others? One likely reason was because these experiences had a higher quality. They allowed you to enter a state of immersive flow, in which all your consciousness was devoted to activity. In the best cases, all your reality revolves around what you are doing. You'll understand what I mean if you've read Zen and the Art of Motorcycle Maintenance (which, I must admit, inspired most of these ideas). Improving the quality of your activitiesS also how do you improve the quality in your experiences when you are saying I'm feeling bored? I believe there are two main ways to do it: externally and internally. If you are chronically busy (and actively not liking the occupation) or bored, then you will need to face external and internal factors that contribute to these negative feelings. Here are some ways to consider improving quality in your experiences:Externally1. Plan aheadschedule your life to ensure there are no large gaps or overflows of work later. This can mean scheduling high-quality experiences if you often find yourself bored. It can also mean splitting large projects if you find yourself chronically busy. Plan weekend activities for next month now. This not only gives you something to look forward to, but also forces you to stay productive rather than just busy. Map what you're demanding in your time. You can all your busy work (how to reply to emails) in a block of time instead of allowing it to cause constant interruptions in your day? 2. Win-WinE you should perform an activity that you think has low quality, you will feel bored. Find ways to reorganize your life so that jobs, jobs, and duties can become interesting and high-quality experiences. Turn numbing tasks into growth and learning opportunities. For example, listen to an audiolivar or lecture on the route to work or while you are cleaning your home.3. Prioritize If you don't manage time, you'll never get enough of it. There's always more to do than you have time to. Straight in their values so that the highest priorities are dealt with first and their life is not surpassed by the unimportant. Define a vision for your life, and determine how everything you do contributes to or impairs that vision. Chances are that things that don't align with your vision are some of the same things that bore you. After you identify low-priority activities, you can try to make them more meaningful, or you can find ways to eliminate them.4. Putting quality of experience firstIt is easy to engage in external goals that do not fulfill their promises. Focus on goals that will give you a higher quality, not just a higher salary or more status to brag about. Set SMART goals (specific, measurable, achievable, relevant, and time-limited) that are aligned with your life's vision.5. Escape the MotionsHabits are a part of your life, but don't let them become the only thing. Get out of your standards if they're not giving you what you need. Instead of staying home, go out and meet new people on a Friday night. Do something not to do the same thing. Schedule schedules to break with your routines. I thrive on having a routine most days, but I also give myself opportunities to break away from mesmez. Say yes to try something new. Nothing spices up your day like trying something new. Internally, most ways to improve your quality of experience and conquer boredom are internal. Remember, it's not just what you do, but also how you do.1. Build an Inner WorldI'm not suggesting that you create a complete rift between you and reality when you find yourself thinking I'm feeling bored, but also realize that if you can't find quality in your immediate environment, you can find it within yourself. Solving internal problems, reviewing knowledge, creating new ideas, creating stories or even planning for the future are all areas you can explore in the mind without any external stimulus. Use boring moments as opportunities to think. It is much easier to deal with a monotonous reality if you are able to use the time to explore possibilities within your mind. If you are really at a loss, you can imagine a story about 2-3 of the people and objects in your neighborhood. This is a great way to exercise your creativity and sharpen your observation skills.2. Search for Quality in NowTry by starting small with a few simple questions. What are you doing What can you find that has value to you? Searching for quality now lets you find it even if your environment is naked or overloaded. Activities such as waiting in the queue can be transformed into moments of self-reflection or to remind himself of his vision.3. Do not resist abusyness and boredom can also be described as symptoms of resistance to what is. Completely accepting any situation you are in and making the most of it is a way to conquer feeling bored. Resistance is something that can't be done in the middle of the road. Either it completely moves away and seeks quality elsewhere, or it accepts its surroundings and finds it here.4. Unchain Yourself A lot of mental malaise is caused because you feel forced to do something. You have to go to work, study for your test, do it or right here. Realize that you don't have to do anything, just accept different results. Freedom is on your mind. Weigh whether the activity that causes your discomfort is essential or expendable. For example, paying your bills is not negotiable, but you can choose to live a more modest lifestyle or actively look for a job you like. Use a mantra to remind yourself of your freedom. I am free and have the power to change my circumstances can reinforce the notion that you have choices. 5. StopBoredom and feeling overwhelmed are both standards. They are mental spirals that you run on yourself that come back to each other. If you just interrupt yourself for a few minutes and think more deeply about the problem, you can often come up with a good answer regardless of these suggestions. Meditate your way out of boredom. Sometimes boredom and occupation are caused by feeling disconnected from what you are doing. Use meditation to land yourself in the present. You can learn to meditate here. Take a practice of gratitude. Whenever you are feeling very bored or too busy, stop to think about all the things that are going well. Being able to simply say, I got out of bed this morning, and I got food to eat, help you take stock of your blessings. The boredom and movement of Bottom LineAs arise from the same source, the same strategies can be used to face them and find a sweet spot of a balanced mindset. Find high quality activities when you start saying I'm feeling bored, and you'll be amazed at how quickly you can change things. More Tips on How to Combat Boredom Photo Credit: Siddharth Bhogra via [unsplash.com](https://www.vsplash.com) Have you tried Team 4 Learning? We started using it about a month ago... and I have to say, my middle son and my youngest son liked it very much! We're not great tech people. because we don't have the finances to be and because I like holding hands, books, etc. But, a little time on the computer every day... is good. This program is very comprehensive and can be used as an entire resume or to complement what you already use. For my preschool, I have to admit... he's been at it a little longer than I planned. My middle son is dyslexic (questions processing), and has sensory problems. So a few days.... I can't be as hands on him (or his big brother) as I'd like. So that's where Team 4 Learning has helped. Check out these great topics they cover for Pre-K1/2 and Second Grade. The topics they they the range of information has really been a blessing to my average and youngest son. I believe we will find a way to continue this program... even paying for it every month. My youngest liked the Science section, learning about the stars and going deeper into his game of phonics and mathematics. My middle daughter finally found something to help her understand the right/left and directions. Have you tried teaching right/left or N/S/E/W to a child with a learning problem. It can be quite... Challenging. This program has a fun game to play that allows the parent to sit, allow the game to teach and the child to stay in control and gain a ton of confidence. The steering game is not the only game they have that realizes this.... all your games do. I have a list of areas that cover below... but please check out their website. Team 4 Learning much more than games. They offer lesson plans for parents and updates on your child's progress (in case you have to step aside quite often.... and need a little help on the back) through your Parent Administration Area. I can't say enough about this program. There are so many different ways your children learn... you just need to come by and try it yourself..... here is a list of some of the topics..... very high level..... and it doesn't do justice to the program! Justice!

