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How to Overcome Boredom: 30 Ideas to Help You Overcome Boredom



30 Day Challenge.

Volunteer at a center.

Switch up your
habits.

Start a blog.

Write a book.

Redecorate

Go outside.

Go on a bike ride.

Go on a hike.

Start a garden.

Read.

Clean your house.

Crochet.

Knit.

Loom.

Exercise.

Take some courses.

Help out your family members.

Learn a new skill.

Color.

Do a puzzle.

Work on games that stimulate
your mind.

Meet your neighbors.

Go check out your town or city.

Go to a coffee shop.

Go to the library.

Go to the park.

Watch a movie.

Cook something you never made.

Learn another language.