

## Worksheet: Boredom vs. Stimulation Map

This worksheet helps you identify how boredom and digital habits reinforce each other and helps you to explore healthier alternatives that support presence, creativity, or connection.

Use the table below to notice what you typically do when boredom strikes and think of non-digital options that could offer more lasting satisfaction or engagement.

When I Feel Bored, I Usually...	Non-Digital Activities I Could Try Instead
Scroll Instagram for 30 minutes	Flip through a magazine, sketch something, or people-watch out the window for 5 mins
Watch YouTube in bed for an hour	Light stretching with music, listen to a podcast while lying down
Open Reddit while waiting in line	Do a sensory check-in: What do I see, hear, smell, feel?
Refresh news or email repeatedly	Write down 3 things I'm curious about and Google them later on purpose
Play games or scroll while eating	Try eating without distractions for the first few minutes and actually notice the taste

### Reflection:

- Which of these alternatives feels like something you'd actually do? \_\_\_\_\_  
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- Do any of them create more mental space or satisfaction than the digital default?  
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- Try just one swap this week and notice how it feels? \_\_\_\_\_  
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