

# THE EXTRA POINT

BY JERRY ROBERTS



## # 345 How to Beat Boredom at Work

Do you ever get bored at work? It happens to most of us at one time or another. I'm Jerry Roberts and let's explore how you can take advantage of workplace boredom, today on The Extra Point.

Each of us is plagued by boredom every once in a while. We all know what boredom feels like, but did you know science has no answer about what boredom really is. From a chemical standpoint, they do know that it's caused by low levels of a neurotransmitter called dopamine. Dopamine is a chemical messenger of the human brain. It triggers responses in our brains whenever we experience a new and exciting situation. Over time, the dopamine tank runs low and we get bored.

We crave new things, new stimulation, and this is the root cause of boredom. It's one reason why people check their phones so often each day. They're hoping for something to catch their interest and provide that stimulation. The mundane, often repetitive tasks associated with work can't keep pace with what's coming through the phone, and seems boring by comparison.

If you're someone who recognizes this as a problem you'd like to solve, here's a few things you can do to add a little stimulation into your day.

1. Exercise — the act of moving around gets you out of your chair, increases the heart rate, burns a few calories, and peps you up a little. After a few minutes of this your attitude should change and the boredom will leave you.

2. Learn a New Skill — the challenge of learning something new gets that dopamine flowing again, plus you add to your skillset. That's a double-win.

3. Surround yourself with energizing people — boredom can be addictive. If everybody around you is bored you're probably going to catch it. Energy is addictive, too. Get with people who have it and you'll likely start feeling more upbeat.

4. Change your location — is there another desk or workstation you can use for a few hours? If so, the change of scenery may help change your mental outlook.

5. Help a coworker — if you caught up on your workload and feel that boredom kicking in, ask somebody else if they need help. You'll improve the relationship with them and the boredom will disappear.

6. Change jobs — if you find that boredom is a growing issue, go to your HR manager and ask if there are any job openings in another department. If so and you can find a fit with your skills and the level of pay, maybe you can make the switch and the company can fill your existing job instead. You never know unless you ask.

Six ideas you might not have considered to beat the boredom blues. If you want to grab the list go to [guamtraining.com](http://guamtraining.com) and download transcript number 345. Get that dopamine level up and add some spring to your step.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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