Subject: How do you handle boredom?
Posted by George on Wed, 22 Oct 2025 13:13:12 GMT
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Being bored is one of the ways one can get into depression. As a person, what are the ways that you get to handle being bored? Do you play games, read books or go to the cinema? What exactly do you do when you feel bored?

Subject: Re: How do you handle boredom?
Posted by Becky on Sat, 06 Dec 2025 05:23:27 GMT
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Visiting friends is one of the best ways that I use to cure boredom. I don't like sleeping at noon, and that means it is out of the equation.

So, when I go on a short walk to my friend's place and by the time we are done gisting about ladies' stuff, the night must have reached. I will just go back home, make dinner, eat, and have some chats with some online friends.

This has been the way that I've been handling being bored for a long time as it helps me to protect my mental health.