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This is

# TEDIUM TIDE

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## What to do with boredom

By Dr. Ivandro Soares Monteiro

In life, we all have struggles, dealing with difficult transitions, conflicts and losses that define many of our perceptions of the reality of the world we face. Because of it, and if we don't understand or give our suffering a meaning, usually life gets worst and we increase the probability of becoming a victim of our own story.

As far as I'm concern, we all have the ability to give meaning to our struggles and difficult moments, and by the same token, change the way we see our story and become responsible for the change we need or the time we have.

This means that time with our own is a very good way to learn more about ourselves, amidst the circumstances of life we are in.

Being confined to a room, a house, an apartment, or anything else, without any live social interaction whatsoever, for at least 10 days or more, is something that not many people would jump if it was an opportunity. Isolation is very difficult situation for humans to withstand, considering we're social creatures.

When we are bored or isolated against our will, loneliness is often the most difficult part

of the situation (such as researchers stationed in Antarctica report), and the mind becomes creative and increases worries in order to develop solutions for the confinement we are put in. This said, live social isolation and loneliness can be damaging to both our mental and physical health, increasing the vulnerability to stressful events.

These games and activities were created as a booklet tool with games and activities. Even though it is not a clinical or therapeutical tool, it was created with the influence of clinical and research guidelines and my experience with several clients for dealing with difficult situations and in crisis periods, and it is meant to help you deal with boredom, physical social isolation and loneliness.

Best regards, enjoy and share!  
Ivandro Soares Monteiro

Your Name

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Write down at least **3 persons of your network** you could contact when you feel vulnerable

1. Name and Contact

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2. Name and Contact

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3. Name and Contact

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4. Name and Contact

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5. Name and Contact

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**Emergency institutions or health professionals** in your country or area of residence that you should contact when needed

1. Name and Contact

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2. Name and Contact

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3. Name and Contact

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After trying the several strategies (activities and suggestions) of this booklet, write down, with a pencil (because you can change it over time according to your feelings), at least the **top 3 strategies** you feel it works the most:

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2. ....

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3. ....

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# activities



Alone or  
with others

In every single of these activities, remember that it is very important to do what you think or plan to do. We change by what we do.

Motivation never grows with frustration. To increase your will and motivation, you have to do things, make it happen, even with baby steps, regardless you feel like it or not.

The more you do what you see yourself doing, the more better you feel.

Overcoming frustrations from not doing things, with behaviours that you planned and accepted to do, is how you feel motivated.

### Create Plans for your life – Alone exercise

- To start, place the alarm to end, in at least, 15 minutes. If your not finished in end of this time (which is good because it means you are
- List at least 1 up to 3 goals in the each area.
- Organize each goal in a short (in 6 months), medium (1 year) and long term (somewhere in the future) goals
- For each goal, organize a detailed crystal clear list of actions and steps to make it happen
- Focus on the “who”, “what” and “when” will help you

15 min. 1 people

	Short Term	Medium Term	Long Term
Learning			
Health			
Character			
Financial			
Family			
Social			

## Having a positive meaning of life – Alone exercise

- To start, place the alarm to end, in at least, 15 minutes
- Think carefully about the following questions and write down your answers

20 min. 1 people

How happy are you?

What enables your happiness?

How autonomous, emotional self-regulated and responsible for your life you think you are?

How do optimism and hope affect your health and meaning of life?

What constitutes wisdom in your perspective? Do you consider yourself a wise person? Can you give 5 examples?

What are your talents and how creative you think you are? Do you dedicate yourself to your self-improvement?

Are you dedicating yourself enough to become who you want to be?

### Change the story, change the mind - Alone exercise

- To start, place the alarm to end, in at least, 15 minutes
- Write an experience that marked your life, considering your age, the environments you were surrounded and the people who existed at the time.
- After you write your “natural/ automatic” version, write now the same experience with the best optimistic and learning language you can remember.
- Read both stories. Choose the one that helps you be stronger for your future.

15 min. 1 people

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notes

### Thank you Letter - Alone exercise

- To start, place the alarm to end, in at least, 15 minutes
- Write a thank you letter to a family member, a friend, a teacher, a colleague, a mentor, or someone who made you a better person. Explain the detailed experience and the reasons why that person had a positive impact in your life.

15 min. 1 people

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notes

### Breathing exercise - Alone exercise

- To start, place the alarm to end, in at least, 5 minutes
- Breath in for 3 seconds or more
- Hold your breath for 5 seconds
- Breath out for 6 or more seconds
- Repeat until the alarm sound
- In the end, appreciate the moment. You did it!

5 min. 1 people

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notes

### Body relaxation - Alone exercise

- Close your eyes
- Imagine your all body
- Contract 5-10 seconds your muscles, in parts, starting in your feet and moving upwards to your head
- When you end in your head, enjoy the moment (you did it!) or repeat until you make it

10 min. 1 people

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notes

### Meditation - Alone exercise

· To start, place the alarm to end, in at least, 2 minutes

2 min. 1 people

· Big Breath in

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· Breath out with sound from your nose in the same tone

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· Repeat until the alarm sound

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· In the end, appreciate the moment. You did it!

notes

### Physical exercises or gymnastics - Alone or with others exercise

· To start, set your alarm to end in at least 20 minutes

15 min. 1+ people

> Open and close your hands 25 times or more

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> Seat and stand up 10 times or more

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> Lie down on the floor and perform a 10 crunches or more

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> If you can, do 10 push-ups or more

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> If you can, do 10 sit-ups or more

notes

> If you can, simulate jumping rope, or use yours

· Repeat until the alarm sound

### Appreciate a Mindful Moment - Alone exercise

· Connect your senses to the whole experience of doing a tea, since the beginning to the end – touch, sight, sound, smell, taste

5 min. 1 people

- > Watch the water starting to boil
- > Listen the sound
- > Feel the heat in the cup
- > Taste the warmth in the mouth
- > Feel the tea going through your throat until your stomach

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· Appreciate the moment, every sip, until you end the cup

notes

### Interpersonal social list - Alone exercise

· Name and contact of, at least, 10 people or more

10 min. 1 people

- What can I ask him/her
- What can I give him/her

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notes

### List of all the places where I've been - Alone exercise

· Name of the place

10 min. 1 people

· With whom

· For what reason

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· Time

notes

### List of 5 places where I'd like or dream to go - Alone exercise

· From the one I can to the one I would

10 min. 1 people

· Name of the places

· With whom

· For what reason

· When would you like

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notes

**List, at least, 10 experiences you are grateful from your past**  
**- Alone exercise**

- Write down the experience (good or bad) in one column
- In another column, write down what you learned with that experience and why you are grateful
- Change the list every time the exercise makes you improve your thoughts about it

15 min. 1 people

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notes

Experience	Why am I grateful?
1.	----- -----
2.	----- -----
3.	----- -----
4.	----- -----
5.	----- -----
6.	----- -----
7.	----- -----
8.	----- -----
9.	----- -----
10.	----- -----

### List, at least, 10 things you would be grateful to get in the future - Alone exercise

· Write down, in one column, a list of 10 things you would like and appreciate very much to get in the future

15 min. 1 people

· In another column, write down why you would be grateful about it

· Change the list every time the exercise makes you improve your thoughts about it

notes

Experience

Why would I be grateful?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.





### The Fastest 10 Words - Alone or with others exercise

- Write down the alphabet letters in paper and cut out each letter and put them all mixed.
- Remove 5 letters and start writing 10 words you remember of each letter as fast as you can. The quicker and successful time or person, wins the game.

-- 1+  
min. people

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notes

### The Accent Challenge - Alone or with others exercise

- It is one of the funniest challenges to do with friends.
- You both have to try to talk in a particular accent, film each other if you can, and vote on the winner.

-- 1+  
min. people

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notes

### Movie Titles – Alone or with others exercise

· For 10 minutes, with an alarm clock

10 min. 1+ people

· Write a list of 20 movies that you remember.

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· The objective of this game is for you to do a drawing with symbols, the name of the movie, in order for others to find out.

· Who finds out more movie titles, win.

notes

· If you're playing alone, do the 20 movie titles drawings and registrate your time from the beginning to the end.

· After it, your objective is to do it again, in another order, but quicker. If you can, you win!

· Enjoy!

### Simple activities – Alone or with others

· Put a blindfold in your eyes and explore the place you live in

-- min. 1+ people

· Play your musical instrument for, at least, a block of 10 minutes. If it's feeling good, repeat it, as much as you can!

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· Learn an instrument with lessons online in You Tube.

· Choose a music you like, read the lyrics and memorize it. Say it outloud!

notes

· Dance for, at least, 10 minutes. Repeat as much as you can!

· Start laughing without any reason until you feel it natural, or if you are with someone, until the other person joins you. If you want someone to join you, call who you want, and just start laughing.

· Scream in a pillow with a very deep breath.

### Simple activities – Alone or with others

- Take care of your nails.
- Talk in the mirror as you were your best friend to keep it together.
- Watch a complete episode of a TV series you like.
- Paint, at least, one drawing of something you like (get it and print it from the net)
- Take 10 good pictures with your camera or phone.
- Choose and read something for 10 minutes, with an alarm clock. If you can, repeat blocks of 10 minutes.
- Create a poem.
- Sing out loud your favorite songs.
- Choose one music you like and create lyrics for it. Repeat with others and sing it!

-- 1+  
min. people

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notes

- Clean your room.
- Clean your office space.
- Do chores and delegate within family members.
- Do webinars or online courses.
- Listen Podcasts.
- Organize and schedule your life and tasks in an agenda on paper or, preferably, on online calendar (like Google Calendar and Google Keep)

-- 1+  
min. people

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notes



# about the author

Dr. Ivandro,  
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## References

This booklet was developed by the author, with free articulation between the experience of 20 years of daily practice since 2000 with his clients, from teaching and behavioural consultancy, and considering the following references:

- Stanley B, Brown GK (2012). Safety planning intervention: a brief intervention to mitigate suicide risk. *Cogn Behav Pract*; 19(2): 256–264.
- Law, H. (2013). *Coaching Psychology*. USA: Wiley Blackwell.
- Consulting by Personal Trainer Manuel Paraíso (instagram @ManuelParaíso\_ BodyMind )



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