

THE UPSIDE OF DOWNTIME: WHY BOREDOM IS GOOD

DR SANDI MANN



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Learning Together Online

Resource Guide

About Dr Sandi Mann

I am a Chartered Psychologist and expert in boredom. I am author of *The Upside of Downtime: why boredom is good* (Little Brown 2016), a Senior Psychology Lecturer at the University of Central Lancashire and Director of The MindTraining Clinic.

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Dr Sandi Mann

Event Details

We will go on a journey into boredom! Boredom is surprisingly fascinating, with both its upside and downside.

I will try to address the intriguing question of why, with so much to entertain and engage us these days, we are all still so bored. I will argue that over-stimulation is causing us to be more bored than ever, and that the more we try to combat boredom via our devices etc, the more bored we become. The answer is to embrace boredom and allow it back into our lives!

1st Learning Objective

To understand what too much stimulation in today's fast-paced world is doing to us and our children

2nd Learning Objective

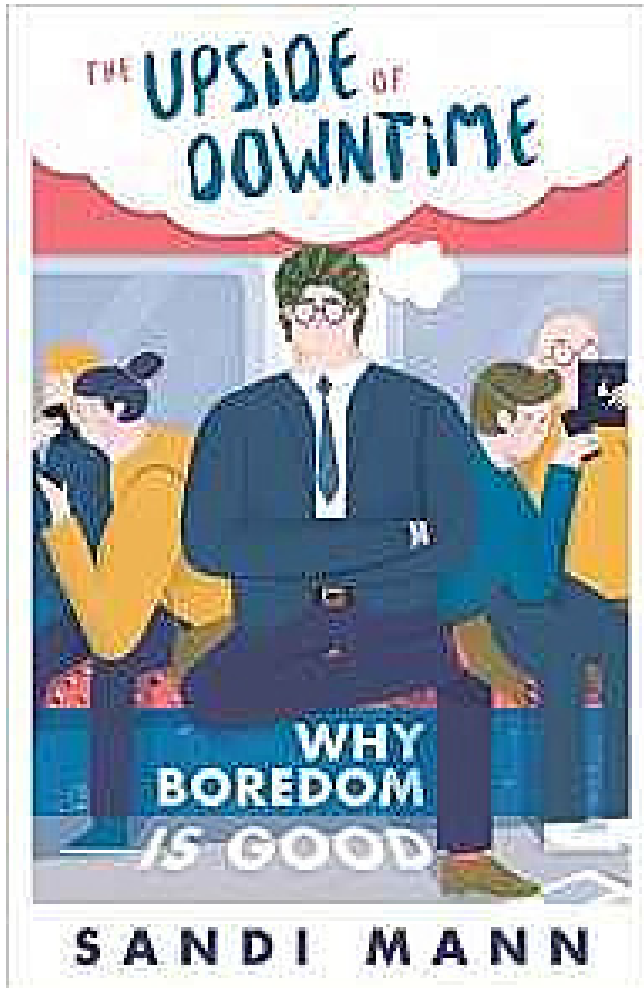
To learn why we are all so bored these days - and what to do about it

3rd Learning Objective

To learn that boredom has its upside.



BOOK



The Upside of Downtime: Why Boredom is Good

In our current information age, we are constantly connected to technology, and have so many varied ways to spend our leisure time that we should all surely never know what boredom feels like. Yet, boredom appears to be on the rise; it seems that the more we have to stimulate us, the more stimulation we crave.

In a quest to relieve our boredom, we engage in dangerous risk-taking - from extreme sports to drugs to gambling to anti-social behaviour, or we overindulge in shopping or eating.

The Upside of Downtime explores the causes and consequences of boredom in the fast-paced twenty-first century. Parents are desperate to keep their children entertained during every waking moment, the education system is geared towards interactivity, and attention spans are dropping as we use multiple devices at all times. But the world of work can be increasingly repetitive and routine, and we are losing the ability to tolerate this everyday tedium.

Using Sandi Mann's own ground-breaking research into boredom, this book tells the story of how we act, react and cope when we are bored, and argues that there is a positive side to boredom. It can be a catalyst for humour, fun, reflection, creativity and inspiration. The radical solution to the 'boredom problem' is to harness it rather than try to avoid it. Allowing yourself time away from constant stimuli can enrich your life. We should all embrace our boredom and see the upside of our downtime.

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