

# Could This Be... Boredom?

The word “bored” has not been in my vocabulary for years – I always have too much to do with not enough time to do it. Such is still the case, but with the kids (half of them anyway) back in school, I’m finding myself with 45 minutes to an hour of time on the weekdays when I am alone, by myself and without kids. Problem is, I don’t FEEL like doing any of the things I once thought I would do if I had spare time. I could put aside the lack of motivation, except that the household projects I want to tackle can’t be completed in an hour, so I’m reluctant to begin big projects just to have to pack up after 45 minutes so I can pick up kids at school or have one awaken from a nap. Other things I might feel like doing seem pointless or not productive enough for me to waste my time doing them.

I always thought boredom meant lack of things to do, which I don’t think will ever happen to me. But if boredom can also mean having a ton of things to do and not feeling like doing any of it, then I am actually bored!