



People prefer doing things, even if painful, over just thinking. Smartphones stop boredom fast but prevent deep thinking.



Being bored can help us try new things. If we don't manage it well, we may feel sad. Phones can sometimes make boredom worse.



Smartphones can distract us. Too much time online may feel wasted. Think about what you really need when you're bored.



When bored, think about what you want. This can make you happier and more creative. Boredom can lead to a more interesting life.