



Feeling bored? Ready, set, 'take two'...

Feeling purposeless or bored can be the stimulus for opening up wonderful, new experiences. For some people the feeling of boredom is very uncomfortable and they will engage in needless busyness or even destructive behaviours to quell it. For others, the same feeling will spark curiosity and cause them to look around for new opportunities while they wonder, *"What's next?"*

"Oh no, not another day..."

If work isn't inspiring you or if you're going through a period when the sameness of doing the family's laundry, cooking meals, cleaning your home and tending to the needs of others feels a little humdrum, some change may be on the horizon. In this situation three options come to mind: 1. Continue as you are and accept that things are a little mundane at the moment. 2. Change the focus from what you're doing to what it's helping you achieve (engage a spirit of gratitude) or 3. Become a problem solver and actively look for new opportunities – search out a new position, join a group that you share an interest with, enrol in some lessons, plan a family trip, cook some new recipes or offer your help to someone who needs it. The opportunities are limitless; it simply requires you to get really, really curious and be willing to try something new.

Choose creative action

When you embrace something new it creates a more fulfilling, experience-rich future for yourself and your family. Meeting new people and learning new things also helps develop an external orientation, which is one of the important safeguards against depression. The benefits are obvious when compared with more destructive choices such as overeating, drinking too much alcohol, compulsive shopping, brooding and spending excessive time on social media or gaming to numb those feelings. The consequences of these choices; poor health, more debt, unwanted clutter and less connection with the ones we love, are less than desirable.

Wonderful new experiences are waiting. Start with just one thing...

If you've got a nagging feeling that something needs to change, get curious, consider the possibilities, choose one thing and see where it takes you. It's never too late to let your inner director come out and call, "Take two!" This could be the scene you've been hoping for.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Boredom can lead to destructive or creative activity.
- ✓ Don't NUMB the feeling. EMBRACE the opportunity.
- ✓ Find one way to CONTRIBUTE and GET INVOLVED.

"The marvels of daily life are exciting; no movie director can arrange the unexpected that you find in the street."

Robert Doisneau

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women