40 Things to do When You're Bored

Being bored can lead to anxiety and that can stress you out. Use your free time to do something productive and fun.



1. Listen to a podcast
2. Find a new recipe and good or bake something fun
3. Start a new book
4. Journal
5. Make a new playlist
6. Learn a new language
7. Start a blog
8. Plan a trip (even if it's just a weekend away)
9. Find some inspiring pin on Pinterest (DIY, decor, organize, etc)
10. Try a new workout
11. Hjh
12. Sign up for an online class to learn something new
13. Deep clean your home
14. Organize your home
15. Make a short film or documentary
16. Clean out and organize your closet
17. Learn a new investment strategy
18. Call or meet up with a friend you haven't seen for awhile

19. Start and finish a puzzle
20. Write a letter to someone
21. Paint something
22. Create a signature cocktail
23. Make a list of everything y
24. Color in a coloring book
25. Make a list of movie you want to watch and watch them
26. Start a herb or vegetable garden
27. Host a movie night (inside or outside)
28. Take a virtual trip
29. Have a self-care day
30. Plant some flowers in your yard/garden
31. Plan and host a tea or dinner party
32. Learn how to make money online doing something you enjoy
33. Meditate
34. Learn some start charts and practice looking for start and constellations in the night sky
35. Learn a new dance
36. Detail your car
37. Practice a new hairstyle
38. Visit a local business
39. Clean out your email
40. Play with your dog at the park

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