



Episode 131: What to Do If You're Stressed AND Bored

with Dr Rachel Morris

When you're feeling that toxic combination of stress and boredom, you might think it's simplest to drop all the difficult and time-consuming things on your plate. However, if you eliminate all the challenges in your life, then you may be letting go of the wrong things – and may become even more bored (which is almost as bad as being stressed!).

What you need is to find a balance between the boring and the challenging. With this, you'll find you're less likely to burn out and instead be more satisfied with life.

So what can you do to get out of this toxic combination falling into burnout? In this episode, Rachel talks about how you can learn and grow instead of getting stressed and bored. Learning is an ideal way to pursue your interests, develop your strengths, and improve your well-being. Little by little, start living a good and meaningful life where you can learn, grow, and develop through challenges.

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[Sherlock \(BBC\)](#)

[Calendly](#)

[Five Ways to Wellbeing](#)

[Free to Focus](#) by Michael Hyatt

[Effortless](#) by Greg McKeown

[The Shardlake Series](#) by C.J. Samson

[Hilary Mantel's books](#)

[Martin Seligman: The new era of positive psychology](#) | TED Talk

[Shawn Achor: The Happiness Advantage: Linking Positive Brains to Performance](#) | TED Talk

[VIA Survey of Character Strengths](#)



Podcast Links

[The Knowledge Project with Shane Parrish](#)

[Cautionary Tales with Tim Harford](#)

[WorkLife with Adam Grant](#)

[THRIVE Weekly Planner](#)

[Seaspiracy \(2021\)](#)

[The Social Dilemma \(2020\)](#)

[The Big Short \(2015\)](#)

[The Fast 800](#) by Dr Michael Mosley

[Jill Bolte Taylor: My stroke of insight | TED Talk](#)

Quote to remember:

‘Learning has just become a chore that we’ve had to do to hit the next level. But learning, growing, and developing yourself is absolutely crucial for wellbeing and for living a life.’

What You Will Learn

One of the best things you can do to beat the toxic combination of stress and boredom is to learn. However, we often find the challenging things also the easiest to let go. Why? Because they take time and energy, two things you may find lacking in your life, especially if you work in healthcare.

It’s the challenge and fun of learning that can give you what you need to grow and experience a good and meaningful life.

For many, the experience of learning might feel like a chore. The activity below will help you get on track with how you can use your time to reduce your stress and enjoy your days. You don’t need to throw away learning and growth because you fear burnout. The first step is to get to know yourself better.



Use this activity to reflect on your interests, strengths, and needs. How do you learn the best? If you make time for learning and implement even small changes, you're already taking one step closer to a thriving, meaningful, and well-lived life.

Activity: Live a Good and Meaningful Life

Make your learning easier by pursuing your interests. Write down some activities, and other topics that you are interested in. Focus your learning and growth around these.

My Interests	
•	•
•	•
•	•
•	•
•	•

Identify your strengths. You will get more significant growth when you choose to develop your strengths instead of weaknesses. You may use the [VIA Survey of Character Strengths](#) from Authentic Happiness to help with this.

My Strengths	
•	•
•	•
•	•
•	•
•	•

Whether it's inspiration, rest, family time, or something else, fit your choice of activities into what you need. Look at your current lifestyle and ask yourself, what is it that you need right now?



If you're short on time, you can find ways of learning and growth that can contribute to your well-being. For each of the other four ways towards well-being, think of an activity that can also match the interests, strengths, and needs that you've answered above.

Way to Wellbeing	Activity	Interest, Strength & Need
Connection		
Being Active		
Noticing		
Giving		

We all learn differently. Find out what type of learner you are and list down resources you've found which you can use.

My Learning Type:

Resource List:

- _____
- _____
- _____
- _____
- _____

Do you think that you are an introvert or an extrovert? Depending on your answer, find ways to learn that fit your personality.

I am an _____.

Group Learning Activities	• _____
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Partner/Small Group Learning Activities	<ul style="list-style-type: none"> • • •
Solo Learning	<ul style="list-style-type: none"> • • •

Taking all your answers above into consideration, research and find creative ways to learn.

As you explore different resources, start your own “Check It Out” list. Paste links and keywords that can contribute to your learning and slowly go through them whenever you can.

Done?	Check Out Checklist



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