

Boredom reset

When empty time starts pointing toward use, make the next ten minutes safer.

1 Name the need

Is this boredom, loneliness, restlessness, fatigue, or a craving? More than one can be true.

2 Change one thing

Move location, get water or food, step outside if safe, or put distance between you and easy access.

3 Choose a ten-minute experiment

Pick one: move, make, connect, learn, rest, or complete a small useful task.

4 Check again

Did the urge change? If it is still strong, contact someone and use your support plan.

MY TEN-MINUTE CHOICE

If immediate safety is at risk, call 911. In Canada, call or text 988 for suicide crisis support.

Free educational resource • therecoverydesk.ca/free/boredom/