

Should boredom be boring?
工作“悶壞了”怎麼辦？

詞彙：*boredom* 厭煩

How **bored** are you? Having nothing to do, or doing the same task again and again, can certainly be **demotivating**. And if **boredom** persists, you can lose your **lust for life**, and it can even affect your mental health. But does being bored have to be **boring**?

A lack of **stimulation** can lead to boredom – this is when we start to **yawn** and our mind **wanders**. It can happen at home or at school, but it's at work where some experts think being **chronically** bored can have damaging consequences. This situation has been termed '**boreout**' and is the opposite of '**burnout**'. Writing for BBC Worklife, Bryan Lufkin says this happens "when we are bored by our work to the point that we feel it is totally **meaningless**. Our job seems **pointless**, our tasks devoid of value." It can be caused by working in a **demoralising** physical environment or feeling **under-challenged**. Studies show depression from boreout can affect workers outside the office and lead to physical ailments from **insomnia** to headaches. But Bryan adds that "being able to identify it in us, is critical for tackling it."

When it becomes **mind-numbing** and extreme, some people joke about '**dying of boredom**'. According to Luis Villazon, writing for the Science Focus website, boredom is just a **state of mind** which won't kill you, though it can depress the **immune system** in some people. He says "The greatest risk from boredom stems from the things you do to combat it. People who are easily bored are more likely to engage in dangerous sports [...]", for example. But some experts say boredom is a natural thing and it should be seen in a more positive light. If we see it as an opportunity, it could ignite our creativity. And if our boredom is at work, it could force us to engage with mentors, career counsellors or even our bosses. And Lotta Harju from EM Lyon Business School told the BBC, "boreout can mark a **transition** into something else: a different career entirely, or a different role in the organisation. If people only take its cue."

詞彙表

bored

(感覺) 無聊的

demotivating

失去積極性，令人洩氣

boredom	厭煩，無聊
lust for life	對生活的熱愛
boring	乏味的，無聊的
stimulation	刺激，激勵
yawn	打哈欠
wander	走神
chronically	長期地，慢性地
boreout	悶得發慌，極度無聊
burnout	勞累過度
meaningless	無意義的，沒有價值的
pointless	不值得做的，白搭的
demoralising	令人喪氣的
under-challenged	缺乏挑戰性
insomnia	失眠
mind-numbing	非常枯燥乏味的
dying of boredom	“無聊得要死”
state of mind	心境，心態
immune system	免疫系統
transition	過渡，轉變

測驗與練習

1. 閱讀課文並回答問題。

1. What two reasons are given that work might cause someone to develop boreout?
2. How can extreme boredom at work affect us outside the office?
3. True or false? *People can die from extreme boredom.*
4. How can boredom be good for us?
5. Who might we speak to if we become very bored at work?

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. That lecture was so _____ I fell asleep!

boredom	bored	boring	bore
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2. I had a _____ journey to the shops – when I got there, they were closed.

pointless	meaningless	chronically	mind-numbing
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3. I have an _____ to work at one of the world's leading banks – shall I take it?

transition	opportunity	insomnia	demoralising
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4. She shouldn't be working in her _____.

state of mind	states of mind	mind of state	state of minds
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5. She works at the hospital caring for _____ ill patients.

yawning	chronically	state of mind	stimulation
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答案

1. 閱讀課文並回答問題。

1. What two reasons are given that work might cause someone to develop boreout?

We can develop boreout if our job seems meaningless or pointless.

2. How can extreme boredom at work affect us outside the office?

Studies show depression from boreout can affect workers outside the office, and lead to physical ailments from insomnia to headaches.

3. True or false? *People can die from extreme boredom.*

False. 'Dying of boredom' is an expression that means you are very bored, but it doesn't mean you actually die. However, it can affect your health.

4. How can boredom be good for us?

Some people think it can ignite our creativity, and at work it might force us into a different career or role in the organisation.

5. Who might we speak to if we become very bored at work?

If boredom is at work, it could force us to engage with mentors, career counsellors or even our boss.

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. That lecture was so **boring** I fell asleep!

2. I had a **pointless** journey to the shops – when I got there, they were closed.

3. I have an **opportunity** to work at one of the world's leading banks – shall I take it?

4. She shouldn't be working in her **state of mind**.

5. She works at the hospital caring for **chronically** ill patients.