Boredom has been dead for a while. Most likely ever since you were very young. Think about the last time you were ever truly bored. Probably when you were at that job you hate, or in that class where you swear the teacher doesn't teach yet somehow there is still subject matter to be tested on.

What's the constant? You don't have that screen that has access to all the world's information - every - well except for those books that we burned… but never mind those.

WAIT WAIT WAIT! Don't click away yet. I know I sound like any parent ever but I promise I have a decent point to get to.

What is boredom? It's when you have nothing to do, nothing to set your mind to, no task you have to accomplish, no work that has to be done (at least work that you actually want to get done). As a child, boredom is far too common. Mom won't let you play video games anymore, you're suddenly bored. That show you wanted to watch comes on in an hour so all you have to do right now is wait, so you're bored.

But, when you become an adult, suddenly you have freedom to do as you please… and also... responsibilities. Both keep you quite busy. Haha mom you can't stop me from playing video games for 12 hours on a Thursday until 2 a.m. ! Hahaaahaaa… But what if I don't feel like playing any games right now? Well why don't I just check that screen that has access to all of my friends, all the time, and, oh yeah, any information ever.

And just when freedom seems like enough to keep you busy for most of your time, responsibility comes in and takes up the rest of it. Bills to pay, work to do, tests to study for, deadlines to catch up on… where did the time go?

With both freedom to do what you want when you want wherever you want and responsibility to take up that freedom and the rest of your time, when's the last time you were bored?

Right now, I want you to pause the video and just sit there. Stare at your wall for all I care. Just sit there and think. Don't you dare click on anything or even take a look at your phone. Just sit. And wait. And think. And try not to fall asleep. Do you feel how almost awkward that is? When's the last time you actually did NOTHING? (Welcome to depression)

But I'm telling you, this boredom thing is important. When you were bored, did you start to think about what you want to actually be doing? We spend so much time now doing things to fill the void in order to not be bored because we don't have to be bored anymore that we forget what we truly like and what we are just doing to fill our time up. Do you really enjoy scrolling through Facebook for hours? Do you really care about all of those Instagram vacation posts? Or that top 10 most important memes from movies video you just watched?

Go be bored.