



Empty your Mind

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‘What do you like to do in your spare time?’ – A question that I always want to avoid being asked. My honest answer is, ‘I like to let my mind wander’. It does sound to me, daydreaming or mind-wandering is not a socially acceptable ‘hobby’. Unlike going to the gym, reading books or watching movies, literally everything is better than blanking your mind because it is unproductive. I haven’t got the faintest idea why we need to be productive 24/7 when daydreaming has been scientifically proven for your wellbeing as a university student.

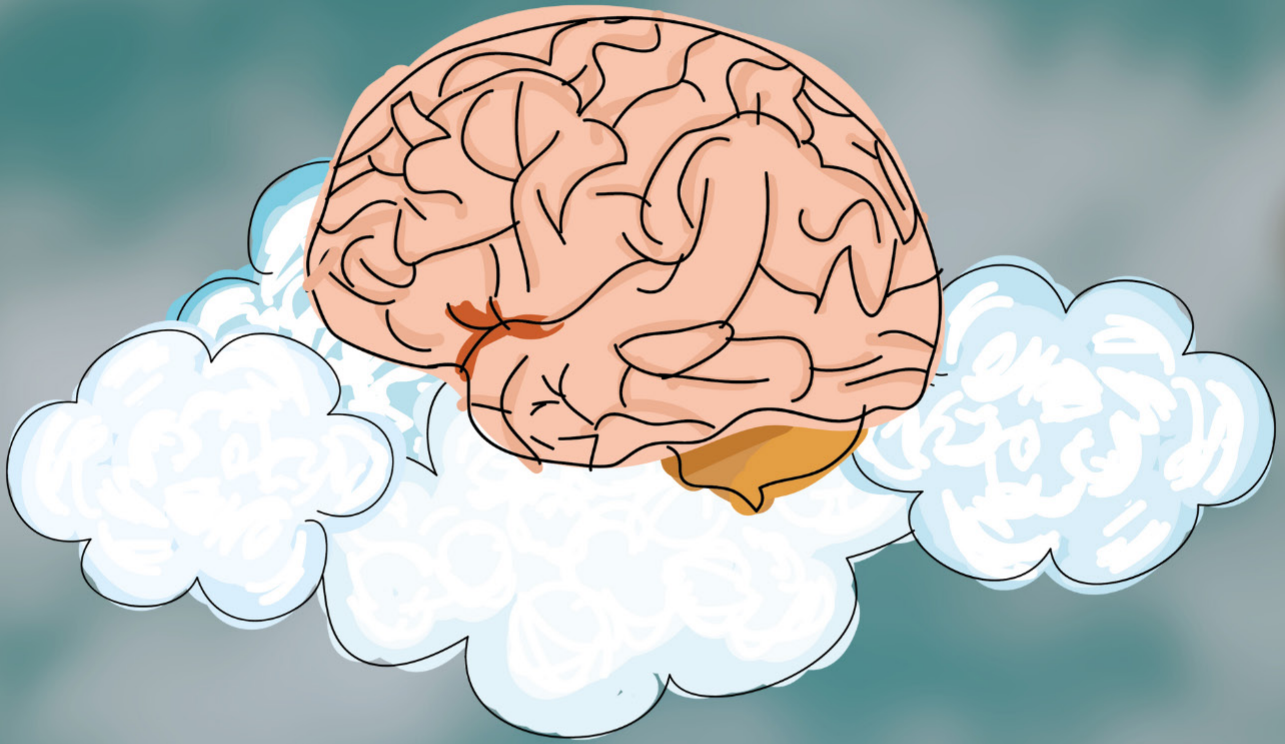
Past studies showed that people spend half their waking hours daydreaming. You might have heard about how daydreaming is beneficial to our mental health in general, but what are the functionalities of daydreaming for university students like us? Dr. Murat Canpolat attempted to understand the impacts of wandering minds on university students when they have anticipatory anxiety. His study showed that a moderate amount of daydreaming helps with goal setting, keeping momentum, as well as emotional wellbeing.

It is also possible to daydream excessively – a condition known as ‘maladaptive daydreaming’ when a person daydreams to a disruptive extent. It is not a medical condition and does not have a diagnostic standard, it is therefore difficult to say where the line is. However, we could keep an eye on ourselves by adopting these 2 techniques:

- 1. Beware of our daydream ‘triggers’** – identify your own stimuli so that you are aware of when your mind is prone to leave.
- 2. Don’t let yourself be too exhausted** – fatigue is one of the most common stimuli that checks people out. Lying in bed is not sleeping, I mean at least keeping your eyes closed!

To wrap up, in order to maximise its benefits, we should heed the amount of time we spend in a daydreaming state. Daydreaming is not as unproductive as traditional thinking says and we daydreamers should be proud!

Empty your mind



Has your mind taken a break today?

Daydreaming is proven to help uni students with goal-setting, keep your momentum up, and keep you away from emotional conflict.