

## Dr. Cassandra Boduch, MD of PsychPlus on Nixsen



### What Does Practicing Nixsen Entail?

Nixsen involves taking "intentional, unstructured breaks" to relax without a specific purpose, with the idea being to "let your mind wander freely," said Boduch, the chief medical officer at PsychPlus.

Nixsen is a concept that translates to "doing nothing or idleness," Dr. Cassandra Boduch, a board-certified psychiatrist based in Texas, told *Newsweek*. It gained traction as a response to the fast-paced, stressful nature of modern living.

Boduch added that practicing Nixsen can allow your mind to reset and promote "better focus when returning to tasks."