



The Time-Eaters

Ever feel like something's stealing all your time? There's actually a special word for these time-stealing things: chronophages. This fancy word comes from two Greek parts: chronos means "time" and phage means "eater."

Look around your day: can you spot any chronophages? Maybe it's that video game that tricks you into playing for three hours when you thought you'd only play for three minutes. Or maybe it's TikTok, secretly munching away your whole afternoon while you keep scrolling. Even your little brother's endless "why" questions can be a chronophage!

Pretty weird to think about time being eaten, right? But now when something gobbles up your day, you know what to call it - a chronophage!