

# S.T.R.E.S.S. Analysis

## Laziness is *always* S.T.R.E.S.S.!

There are good reasons we procrastinate. Only when you figure them out and solve them can you go beyond!

FIRST: Figure out WHY you're procrastinating (can be multiple reasons) and THEN do the 2-Part Break on pg. 3 below to get going!

### S

#### Steps

Your project's first/next step is wrong, vague, or too advanced for your needs/abilities. Or maybe you're not ready to start and need to subconsciously process your idea first.

**Do:** Choose a more appropriate, realistic, or specific first step Ex. Find form. OR give yourself some time to process. I suggest setting a reminder for when to come back.

### T

#### Thinking/Values

You're using negative self-talk that beats you down and drains your resilience, such as "I should be done this by now!". Or the project goes against your values.

**Do:** Replace with respectful and patient language such as "I'm working towards being prepared, what do I need next?" OR explore your values & maybe change the project.

### R

#### Research

More data is needed, such as clarifying fuzzy deadlines or unclear instructions.

**Do:** Ask someone or look it up.

### E

#### Emotion/Trauma

Some blockage from an earlier part of your life is connected with this event, creating an aversion.

**Do:** Process the blockage (possibly through therapy), outsource this task, or pair task with something that gives you positive emotions Ex. Music or friends.

### S

#### Sensory Issues

Some part of the task may over or under stimulate your five senses (ex. sight, smell).

**Do:** Change sensations (ex. wear gloves, pair with music), ask for help, or outsource.

### S

#### Self-care

You're low in something essential that the brain or body needs to function, such as sleep, healthy/regular food, rest, play, socialization, etc.

**Do:** Set a timer to get it (Ex. nap, play, call someone) then try the task again.

*ALSO Check next page (pg. 2) to see 8 types of Self-care.*

# TYPES OF SELF-CARE



# 2-Part Break

THE most powerful ADHD productivity strategy.



## Main Rules:

- Can only fail on purpose (forgetting leads to no penalties for danger-zone as long as you start the 5min of work as soon as you remember).
- Must use timers to decrease the unnoticeable but very real and distracting stress of keeping time during the rounds.
- Even if fun break is interrupted or low quality, must still do 5min of work as promised when timer goes off.
- Must have consequences on **Danger Zone** (ex. Money or pushups you owe SOMEONE ELSE when break it).
- Must try this properly minimum 10 times before you determine if it works for you. Follow ALL of these instructions exactly. If you didn't follow ALL the instructions, then you haven't tried this strategy as the devil is in the details here.
- Always start with the fun. Some ideas for fun are on pg. 2, under "Types of Self-Care".
- When do the 5min work round, you must always do the work you were INTENDING when you started your last round of 15min of fun.

## Use When:

- Have lots of work to do but trying not to burn out
- Procrastinating
- Feeling lazy
- Project feels overwhelming
- Have goofed off and need to get to work
- Have done a S.T.R.E.S.S. analysis and want to get to work (Strategy works best when have done the S.T.R.E.S.S. Analysis, on pg. 1, first)

## Leads To:

- Increased trust in yourself
- Elevated dopamine
- Increased follow-through ability
- More productivity
- Less guilt/shame
- Meeting your potential
- Starting stuff easier
- Finally finishing stuff
- Feeling proud of yourself/successful
- Confidence that can do boring stuff past point of "peak boring" if needed