

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

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

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

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

Do: Ask someone or look it up.

E

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

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

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.

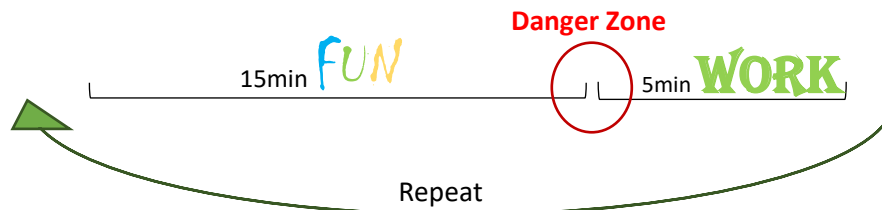
ALSO Check next page (pg. 2) to see 8 types of Self-care.

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 to yourself when timer goes off.
- **Must have consequences on Danger Zone** (ex. Money or pushups you owe SOMEONE ELSE when break it). Without consequences, you will likely lie to yourself (by saying you'll do the work after the fun then not doing it) and break this method while also further deteriorating your self-trust, which this method is actually great at building when done right.
- **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 watching tv, playing video games, sitting outside, meditating, getting a snack, talking to a family member or friend, working on something creative, etc. Some more ideas are on pg. 2, under "Types of Self-Care".
- When you do the 5min work round, you must always **do the work you were INTENDING** when you started your last round of 15min of fun (don't tidy if your real task was doing your taxes or studying for a test).
- **You can extend the 5 minutes of work past the alarm IF** you're enjoying the work BUT must stop immediately if you feel blocked/don't like it/are too stressed by it. If you go past your limit, you can build an aversion to the work you're doing or even this whole 2 part break in general. "Pushing through" your work time abilities will also drain your dopamine (focusing, motivation and memory power) and make it so you can only do one unpleasant round of work that day and then ignore the project for a week, when otherwise you may have done multiple rounds over several days of better quality work that you actually enjoyed doing. This is how we learn to respect ourselves and have a sustainability mindset with our energy rather than burn the candle at both ends and become useless to everyone including yourself for a while.
- One "round" is one 15min fun period and one 5 min work period. If you can, **aim to do approx. 3 - 5 rounds when you use this strategy** as we often get more and more productive and enthusiastic in our work each round due to momentum. Many people say they're most productive in the 3rd – 4th round.

Use 2 Part Break 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)

Regular 2 Part Breaks Lead To:

- Increased trust in yourself (Brain Trust)
- Elevated & predictable dopamine/focusing
- Increased follow-through ability
- More productivity & goal achievement
- Less guilt/shame in your life
- FINALLY meeting your potential
- Starting hard stuff way easier and reliably
- Finally finishing stuff!
- Feeling proud of yourself/successful
- Confidence that can do boring stuff past point of “peak boring” if needed
- More skill at breaking down tough tasks
- Way less uncontrolled procrastination (it’s built in!)