SUPPORT · WEEKLY RESOURCE

Body Doubling & Task Chunking

Two scaffolds for two different kinds of stuck.



Body Doubling

Working alongside another person — in the same room or on a call — while each of you does your own task. Their presence helps your brain stay anchored to the moment.

HOW TO TRY IT

- Start a video call and both work quietly, cameras on.
- Ask a friend to "hang out" while you each do chores.
- Try a virtual body-doubling room if no one's free.
- Say the task out loud at the start — it counts as commitment.

Example: "Want to hop on a call while we both answer emails?"



Task Chunking

Breaking one large, blurry task into smaller, concrete pieces small enough that starting doesn't require finding all your energy at once.

HOW TO TRY IT

- Write down only the very next physical action.
- Set a timer for 10 minutes on just one chunk.
- If a chunk still feels big, cut it in half again.
- Cross off each piece — the visible progress helps.

Example: "Clean the kitchen" becomes "clear the counter," then "load the dishwasher."

WHICH ONE FITS TODAY?

If the hard part is starting or staying with it — reach for body doubling.

If the hard part is not knowing where to begin — reach for task chunking.