Mental Happy

The 5 Minutes BURST

Activity to help parents tackle ***Procrastination***



STEP 1

Identify a Procrastination Target

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Pick a task you've been putting off, like folding laundry, cleaning the kitchen, or tackling a work email.

STEP 2

Set a Timer for 5 Minutes

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This short window creates a sense of focus and prevents feeling overwhelmed.



STEP 3

GO!

Dive into the task for those 5 minutes, giving it your full attention.

STEP 4

Re-evaluate



Pick a task you've been putting off, like folding laundry, cleaning the kitchen, or tackling a work email.

STEP 5

Decide Your Next Step

Do you feel like continuing for a bit longer? Take a break and come back to it later? The choice is yours!



THANK YOU

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