

STRATEGIES TO BEAT SELF-CARE PROCRASTINATION

BUNDLE THE REWARDS

If you know you're not going to relax until you finish your ironing, build a self-care incentive into the job that you don't try to do at any other time.. In other words, bundle a behaviour that is good for you 'in the long run' with the gratification of finishing a short term task.

For example:

When I do my big ironing pile twice a week, I'm going to have a long bubble bath afterwards with a hot chocolate and a book.

Build the routine of your self-care into the ironing ...

Before I start, I'm going to make sure the bathroom is tidy, hang a fluffy towel on the radiator and bring through my slippers and a book. When I get to the last shirt I'm going to start the bath running, turn on the kettle and warn the rest of the family that the bathroom is out of bounds for the next hour.

IS THERE A TASK YOU CAN'T REST UNTIL IT'S DONE? HOW COULD YOU BUNDLE IN SELF-CARE REWARDS?



GIVE YOURSELF A CONSEQUENCE

Tell someone that you need to take some time out for yourself and arrange to do something with them. You're much more likely to go out for a walk somewhere you enjoy if you're going with a friend, especially if that friend needs to take more time to recharge their batteries too.

MAKE IT A PRIORITY

If you were to look at your diary for the week, how many things are scheduled in for other people and their wellbeing?

Choose a couple of open slots in your diary to be 'protected time' for you where you can't reschedule anything for anyone else unless it's an emergency. Book in regular self-care activities or use the time to pick from your list of things you'll enjoy.

Routine is key to being successful in taking more time for self-care long-term

BUILD WITH A GROWTH MINDSET

Most of the difficulty in building more self-care into your life is getting started when you're already tired and stretched ... it's difficult getting the 'Me Now' motivated to see the bigger picture.

The best way to start a new habit is to start small ... start your new self-care mission with things that only take a couple of minutes and build up. Take the time to have your cup of tea in the morning sitting in the garden, or to make the time to connect with your friend by sending them something funny you saw online.

You'll be able to feel good about a new habit in progress by knowing that you're working on it in a way that's most likely to be successful.

ACCEPT THAT YOU'RE IMPORTANT TOO

If something crops up to stop you from a self-care activity, make it important enough to re-schedule and don't let the interruption throw you from planned re-charging.

USE VISUAL CLUES

Use visual clues to help you to take action. Hoping you will simply remember to build regular self-care into your day isn't really a recipe for success.

If you have a wall calendar, why don't you mark your 'protected time' or pre-arranged activities on it.

You could make yourself a tick chart at the back of your diary where you allow yourself something really special after a number of successful efforts. Seeing progress is a great motivation to keep going.

You could even try something more obvious like storing your scented candles and your good bubble bath alongside your iron!

