

Chunk the Day

Sometimes you feel unmotivated, too depressed, or too tired to face the day. Here is a way to help you attempt to accomplish something and get through the day:



- 1 Time: Decide on the smallest amount of time you can spend on a task: e.g., 10 min, an hour, or even a whole morning.

This is your **CHUNK** of time.



- 2 Decide on what you will do. Tell yourself: "**I only have to keep going for this chunk. Then I can stop if I want.**"

- 3 When the chunk is over, you can decide to rest, carry on with what you were doing, or change to something else for the next chunk.

For Example:



Mary decides she can handle 10 minutes. In those 10 minutes she decides she can clear off the kitchen table and put the breakfast dishes in the sink.

Once she's completed this task she can then decide to carry on with another chunk, e.g., wash the dishes, rest for a while, or decide to do another chunk later in the day.



The key is to choose manageable chunks and activities. You can do a whole day in chunks. Most people who try this report that they actually get more done, and as a bonus, their mood improves.