

Stuck? Your Task Paralysis Emergency Guide

Task paralysis is not laziness. It's your brain protecting you from overwhelm. Let's work with it, not against it.

ARE YOU STUCK?



Is the task too big or unclear?

↓ YES

BREAK IT DOWN
What's the smallest possible first step?
(2 minutes or less)



Are you physically uncomfortable?
(Hungry, tired, overstimulated?)

↓ YES

QUICK WINS FIRST
See checklist below →



Still stuck?

↓ YES

CHANGE SOMETHING
Location, body position, or ask for help

Quick Wins Checklist

These reset your nervous system and often unstick you:

- ☐ **Drink water** - Dehydration makes everything harder
- ☐ **Eat something** - Low blood sugar = no executive function
- ☐ **Move your body** - 2-minute walk, stretch, dance to one song
- ☐ **Change location** - Different room, outside, coffee shop
- ☐ **Set a timer** - "I'll work for just 5 minutes"
- ☐ **Body double** - Call a friend, work near someone, use a co-working stream

Permission Statements

- ✓ **It's okay to start small.** Tiny progress is still progress.
- ✓ **It's okay to ask for help.** You're not supposed to do everything alone.
- ✓ **It's okay to rest.** Sometimes your brain needs a break, not more pressure.
- ✓ **It's okay to do it differently.** Your way is valid, even if it's not "normal."

Get more free tools at humanafbook.com

You're not failing. Your brain just needs a different approach. And that's completely okay.