

3 Exercises to Interrupt Procrastination

Understand and overcome procrastination

 In this activity, you will learn to identify procrastination as a nervous system response and apply three practical exercises to help you move past blocks and regain your momentum.



Understanding Procrastination

Procrastination is often misunderstood as laziness, but it is actually a **nervous system response** to feelings of overwhelm or a fear of failure. When your brain perceives a task as a threat, it creates a block to keep you safe from potential discomfort. By learning to address these physical signals, you can transition from feeling stuck to taking meaningful action.

Term	Definition
Activation Energy	A is the amount of initial effort needed to begin a task. Lowering this energy helps you start faster.
Dysregulation	A is a state where your body and mind feel 'off' or stressed. This state makes focusing on work very difficult.
Future Self	A is the perspective of who you will be in the near future. Considering their needs builds empathy and motivation.



Read these strategies

Read the following strategies carefully. As you read, ask yourself: How can I change my physical state to help me start my next big task?

Exercise 1: The 5-Minute Door. Set a timer for 5 minutes. Do only the first tiny step of your task. Stop immediately when the timer rings. Why it works: This lowers activation energy and tricks the brain past the starting block.

Exercise 2: Body First, Task Second. Stand up, stretch for 30 seconds, and drink a glass of water. Then begin your work. Why it works: Procrastination often masks physical dysregulation; meeting the body's needs resets the nervous system.

Exercise 3: Future Self Check-In. Ask yourself, 'What will me-in-2-hours need?' Then, do one specific thing for that person. Why it works: This shifts your perspective from present discomfort to future relief, creating internal motivation.

 **More information** [here](#)



Building Connections

Use your understanding of these techniques to complete the table below.

Key Concept	Your Understanding	Why is this important?
<i>The 5-Minute Door</i>	<i>Starting with a tiny, timed step.</i>	<i>It reduces the fear of starting.</i>
Body First		
Future Self		
+ Add a row or column as needed		



Try it out

Use what you learned to solve the problems below.

Scenario Question	Response
You have a large essay to start. How do you use the 5-Minute Door?	Write your answer here
You feel restless and stuck. Which body-first step helps you?	
You feel annoyed by a task. How does the Future Self check-in help?	



Show what you learned

Create a visual project that explains how to interrupt procrastination to someone younger than you.

Create a digital infographic that demonstrates the three exercises. Use Magic Media or Elements to help visualise or record your idea.

- Choose a layout that shows the three steps clearly.
- Include a short, encouraging summary for each exercise.
- Add a final section for your 'Permission Line'.
- Ensure your visuals match the calm tone of the content.

[Double click to design here]



Reflect on your learning

Reflect on the work you have completed by answering the questions below.

Explain in your own words why procrastination is a nervous system response rather than a character flaw.

[Write your answer here.]

Which of the three exercises do you think will be most effective for your own study routine? Why?

How has your understanding of 'motivation' changed after completing this activity?

Teaching note

