read me when you don't feel like getting started.

Take a deep breath. You are not lazy.
You just need some help circumventing some barriers.

here are some ideas

Try to create movement with music.
It might start with tapping your foot. Then chair dancing. Then standing up to full on shake it. Once you're up and active, it's only a small transition to move towards the sink.

Give yourself permission to start.
Let yourself get a little done. Maybe you keep going after three minutes. Maybe you don't. That's okay. Anything worth doing is worth doing partially.

One of my favorite tools is a visual timer.
Set a timer for a small increment of time you feel you can stomach. The visual color can help your brain conceptualize the amount of time more clearly than a regular timer or clock. Feel like you're in the groove? Great! Want to stop. That's allowed, too.
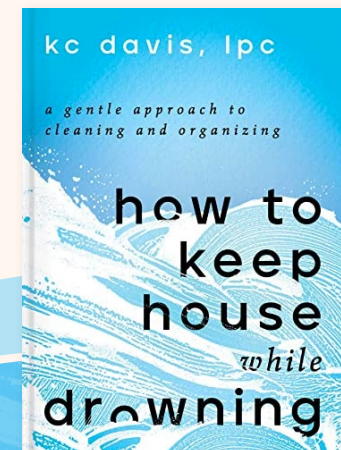
Instead of telling yourself to "finish this task," begin thinking about how you can "move toward a task."
When you want to get your kitchen reset before you sit down for the evening, moving towards can just mean going and standing in the kitchen. Do nothing; do anything; sit by the sink; look at your phone while you lean on the counter. Even this placeholder step can help create enough momentum to eventually pick up one dish.

Use built in wait times. What activities in your life do you enjoy that have built-in wait times? Maybe it's waiting for the kettle to boil or for cookies to bake. Next time you want to do a care task, start an enjoyable task and use the wait time to start a care task. Knowing that there's a finish line can lower the barrier to entry.

Choose something you can enjoy while performing a care task: a Netflix show, a podcast, an audiobook, etc. It can make all the difference.

Have you ever noticed it's easier to get something done when a friend is with you? *Ask a friend to spend time with you while you do care tasks.* You can even call them on the phone.

kc davis, lpc

a gentle approach to cleaning and organizing

how to keep house *while* drowning

5 things cleaning method

Though it might look like there is a lot, there are only 5 things in any room.

1. The first step is to take a trash bag and pick up all the trash. Throw it away into the bag. Take large trash items like boxes and stack them together and place the trash bag with it. Do not take the trash out.
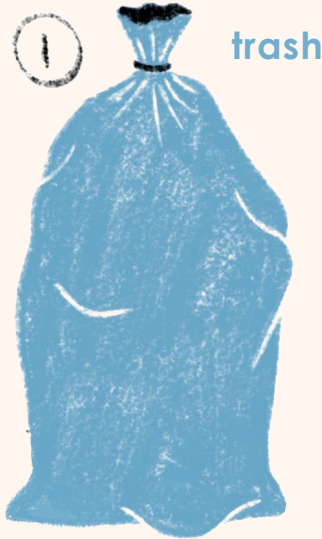
2. Next gather all of the dishes and place them in your sink or on your counter. Do not do the dishes.

3. Take a laundry basket and pick up all the clothes and shoes. Place the laundry basket next to the trash pile. Do not do the laundry.

4. Next pick a space in the room like a corner or a desk and put all the items there that have a place back in their place. Then put the items that have no place in a pile. Move to the next space and repeat until all things are back in their spots.

5. Now you will have a pile of things that do not have a place. It will be easier now that the space is clear to tackle this category. You may choose to get rid of some items that have no place and are contributing to clutter. For important things, you can find them a permanent place.

6. Take out your trash to the bin; throw laundry into the wash or laundry room. Now your space is livable. I always save the dishes for another day.
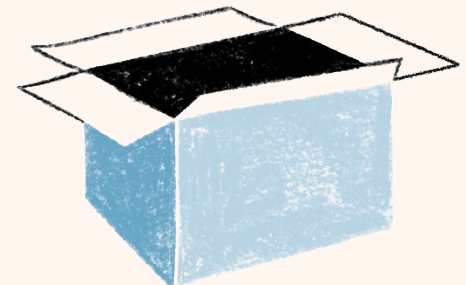
① trash

② dishes

③ laundry

5 things method

④ 4 things that have a place and are not in their place

⑤ 5 things that do not have a place