

# Check You Later

Putting off projects went viral on TikTok, with users filming themselves delegating draining tasks to “future me,” a better-equipped self who’ll figure it out. While that may be okay sometimes (hey, you know yourself best!), there may be other points when you just need to Get. It. Done. Delaying is often a coping strategy linked to feelings that come with a tough task (e.g., resentment), and those will still be there later, says Tim Pychyl, PhD, an associate professor of psychology at Carleton University in Ottawa and author of *Solving the Procrastination Puzzle*. Handle this habit.

- DO: SCHEDULE.** Jot down your plan to go for a run or organize your kitchen; it’ll make it more real, especially if your schedule has been a little less defined during the pandemic. As an incentive, work in rewards, such as watching an episode of a show once you’re done.
- DON’T: GO BIG.** If the whole project feels overwhelming, focus on a low-stakes item that still moves it forward, like sending an email. “This takes the attention off your emotions and puts it onto the action,” says Pychyl. Then take a stab at another tiny to-do. Then another one; then another one....Way to go, “present you!”

## Strap In

Add to your arm party with a piece that delivers more than just stylish vibes. Faithful fans of beaded anxiety bracelets say the strung-together pink quartz, turquoise, amethyst, and/or other stones help them relieve stress and anxiety. (Find a variety on etsy.com.) The how is rooted in Chinese medicine; the beads supposedly apply pressure to points said to release happy, healing chemicals, kinda like acupuncture. FYI, there’s no published evidence that these work, but experts say they’re harmless. “Use as a reminder to stay calm and recenter,” says Nina Ellis-Hervey, PhD, a psychologist in Texas. But they shouldn’t be your only go-to for anxiety—that’s what therapy is for!



#WHREADS

## LET IT GOOO

Say buh-bye to all the downer thoughts that live rent-free in your brain. Studies show that the more you ruminate, the higher your risk for mental woes. In her new book, *Your Fully Charged Life*, author Meaghan Murphy (content director at *WH*’s sister mag *Woman’s Day*!) shows you how to push past obsessing and into positivity. Two snippets to make you smile:

### Reroute Your Brain

You have the power to reframe the things that scare you. Those coached to think of giving a speech as a challenge, not a threat, got an energy boost that helped them complete the task, per a study in *Mindfulness*. Can you approach your next presentation as something that makes you better? Bet so!

### Switch It Up

Murphy’s psyche-shifting technique: “Yes, but...” phrases. Muddled through a meeting? Yes, but...you aced your intro! Scared you injured yourself on that last lift? Yes, but...you’ve gotten so much stronger since you started training. “Recognize that it’s awful, then try to find one thing about it that’s at least all right,” Murphy says.

