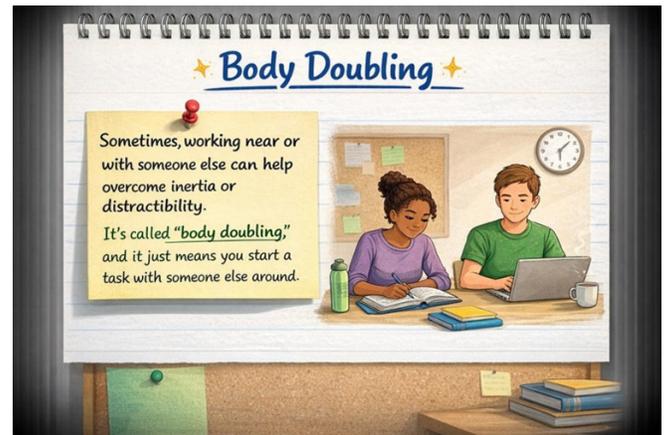


What is Body Doubling?

Body doubling is a focus strategy where you work on a task while another person is nearby or on a video call, not to help you, but to make it easier to start and stay focused. Their presence adds structure and accountability, which can help when your brain feels stuck or distracted.



Where it Might Help

- **Starting an overwhelming assignment:** You are avoiding a paper or problem set because it feels too big to begin. Sitting with a body double for a 20-minute sprint may help you break the freeze, open the document, and complete a small first section, which often reduces anxiety enough to continue.
- **Studying when focus keeps drifting:** You know the material, but can't stay focused when studying alone, and keep checking your phone. Working quietly alongside someone in the library or on a muted video call provides enough external structure to sustain attention through a focused study block.
- **Re-engaging after falling behind:** You have missed classes or deadlines feels ashamed and stuck about restarting. A short, low-pressure body-doubling session helps them re-enter academic work safely by completing one manageable task and rebuilding momentum without feeling judged.

How to Start

- **Pick one small task.** Choose something you can start in 5 minutes or less (open the doc, outline one paragraph, do problems 1–2).
- **Choose your body double.** This can be a friend, classmate, RA, tutor, or even a quiet virtual room. They don't need to help, just be present.
- **Name the first step out loud.** Say one sentence: "During this work block, I'm going to ____." This helps your brain commit.
- **Set a short timer.** Work for 15–25 minutes, no multitasking, no talking until the timer ends.
- **Stop and decide what's next.** When time's up, either take a break, reset the timer, or end the session. Any progress counts as a win.