



Are there any statements/phrases that you can have as prompts for yourself to see if you are staying on track with what you are hoping to achieve? If someone else is going to prompt you, what phrase are you both happy to be used so that it won't feel like nagging?!

For time-anchoring tasks, **what can you use to prompt yourself to check that you are monitoring your progress with a task?**
Alarms, mobile phone, personal computer?



Can you use a checklist to help you through more complicated, multi-stage tasks?

... Remember too that it's always easier to use an established skill than to develop a new one. So it's well worth doing what you're good at already!

Make plans !

Being busy makes happiness much easier !

Brí

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Planning to be busy, not bored!

Many of us can get bored with monotony, with having few productive or stimulating activities. Then we can also be lonely because our routines have too little contact with other people. Then our circle of friends can fall away too.

To get on top of things, to enjoy life, and to be curing boredom

we need to build a routine of active pursuits –

- We can get ahead in self-improving ways – exercise, self-education
- Productive activities – chores and also self-employment tasks, volunteer work, classes, a job
- Community activities – volunteer roles, church functions, club and organisation memberships that can expand our social horizons

With systematic day planning, all these types of activities can cure boredom and loneliness. Very importantly too, they can set us on to big gains in, say, memory or attention or social friendliness. By our involvements in “real life” activities, we tend to gain more than by cognitive exercises on their own.

We also find ourselves much more satisfied and effective with our decisions if we're truly involved in planning and making things happen, rather than only consenting to do things that only other people have organized.

... Other people's plans and organizing can be terrific, but our own are greatly empowering!

A process of daily scheduling is well worth building up.



Don't necessarily fill every hour of the day at all, but have the day **anchored** with some time specific activities which give structure.

Think about hobbies you used to have, or craft activities you've tried, or new activities you might like to try. Sometimes members of your family may be able to think of ways you've spent time enjoyably in the past.

... Whatever comes up, don't dismiss it out-of-hand! Take time to think how it might be okay.

For example, if you maybe quite like gardens sometimes, you don't necessarily have to be out planting flowers (or you may not have a garden anyway) but you could perhaps think of learning about indoor gardening, or read about making a rockery....

For another example, if you like music but don't play an instrument, maybe you could burn CDs of a song collection to match different moods you feel.

Be open-minded and think creatively. Like many of us, you might well find that just starting is the hardest part, but when you've begun there are probably really interesting opportunities in what you can decide to do.

Remember that making good use of your time requires **STRUCTURING** your day. Just thinking of things to do is of no value unless you put them into a schedule and then do them. And just doing them is not enough to make them enjoyable. You have to do new activities enough times to get familiar with them, before they begin to become enjoyable.



Anchor in time what you do! Make a schedule



Some Brí groups have art classes. Maybe they can fit into your schedule, if one of those groups is close enough to you. People at the art classes now say that they enjoy them a lot, and that's the verdict whether they previously tried art or not!



As well as becoming happily satisfied with being time scheduled with activities, what are other spin-off benefits? ... There are quite a few – and they're well worth thinking about and talking about, to make us more self-aware and better in control of how we're doing.

Things to consider –



How do we keep on track with tasks we're doing?

That's an important aspect of feeling we're effective and getting tasks done successfully. Is there anyone you trust to give you honest objective feedback about this?

disruption

How can we reduce distractions when we're doing things?

That helps to make us more effective and successful in what we're doing. How can we plan tasks so we have only one thing at a time to work on? Can you enlist any help with this?

What can we do to make a routine that can stay consistent each time, to reduce the novelty on each occasion? "Practice makes perfect" is the saying – maybe all too true!

