Body Doubling

Abi Harrison-Nye

Let's talk about it

Body doubling is when you work alongside another person to help you focus. The other person doesn't need to be working on the same task as you. Their presence simply acts as an anchor to keep your mind from wandering, and keeps you on track. It's a popular strategy used by many neurodivergent people to tackle boring or difficult jobs, such as cleaning.

Body doubling lowers the mental barrier to getting started on a task. Having someone else in the room or on a video call creates a sense of accountability, stopping the feeling of isolation and reducing the urge to procrastinate.

You can try this with your colleagues by setting up quiet 'co-working' sessions. Just jump on a video call together, state your goals, and then get to work. You can also do this in the office by sitting near someone who's also trying to focus. It's all about sharing the same productive energy.

Useful Links

- The ADHD Body Double: A Unique Tool for Getting Things Done
- ADHD Body Doubling
- Neurodiversity Cafe: Body Doubling