

# 25 Reasons to Use a Timer to Decrease Stress

1. Timers help to combat feeling overwhelmed.
2. Timers are an effective partialization tool.
3. Remember, you can do anything for 15 minutes!
4. Using a timer helps you feel accomplished & competent.
5. To improve your productivity.
6. To set boundaries; tasks are not so daunting.
7. To think proactively versus reactively.
8. You manage the time/task instead of vice versa.
9. You can see the progress you are making, bit by bit.
10. Celebrate and reward yourself when your timer goes off!
11. Your work becomes more focused.
12. You may work faster.
13. Timers combat procrastination.
14. Timers can be used in many places, i.e., work, home, etc.
15. Regular use of timers help to build skills.
16. End your time on a high note, eager to return to the task.\*
17. Timers create a motivating challenge.
18. Timers signify a promise you made to yourself.\*\*
19. The timer is your tool; it's not an authority.\*\*
20. Timers can help to build habits and honor boundaries.\*\*
21. It's optimal to set timers to no more than 30 minutes.\*\*\*
22. Keep breaks short between timer sessions.\*\*\*
23. Timers makes efficient use of small segments of time.\*\*\*\*
24. Timers prove how easy most tasks are.\*\*\*\*
25. Timers help letting "good enough be good enough."\*\*\*\*\*

\* From Atomic Habits by James Clear

\*\*From How a Timer Helps You Practice Better Boundaries by Osheyana Martinez

\*\*\*From Do You Need to Set a Timer? by Danielle LaSusa

\*\*\*\* From 9 Reasons You Get More Done When You Use a Timer by Simple Everyday Home