

Procrastination

Tips for Procrastination.

- Firstly, take a few minutes to think of what you need to do, prioritise one task and if it overwhelms you, take a deep breath, then grab a pen and paper, and start to break it down into more manageable chunks, Remember, baby steps.
- You can also make a to-do list for daily chores or particular tasks, but do not add too much, as this will often make you feel worse when faced with a list of endless tasks. Tick any off as you go and pat yourself on the back when you do achieve (no matter how small this may be). YOU DID IT !!!!!
- Be honest and realistic, can you actually achieve it? Don't set your self up for failure before you have even started!!!
- Take breaks in between, have some fun.
- Turn off your phone and TV, make sure there are no distractions. Try to focus solely on the task.
- Figuring out why we procrastinate is also beneficial, question yourself, what are feeling, what are you noticing.
- Recognising why you procrastinate can help make your own personal plan.
- Set a timer, time limits if you need, work with a friend.
- Ask for help or support if you are stuck or feeling overwhelmed.
- Rather, than tell yourself you cant do it, counteract that negative thought with 'I can do this, I am going to try. Thoughts are not always facts.
- If you start to feel overwhelmed, practice your breathing technique. (see our resources page for tips)
- Reward yourself - small treats at different stages.
- Look at the bigger picture, how will you feel when you have completed or started the task or goal?
- Remember, none of us are perfect, we all make mistakes!