



THRIVE

Wellbeing and study success

Presented by:
Atticus D. Gray – School of Psychology

Session 9: Overcoming Procrastination

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.



▶ Procrastination

What is your immediate reaction?

*“Procrastination makes easy things hard,
hard things harder”*

- Mason Cooley

Procrastination = Laziness?

“Be curious, not judgemental”
- Walt Whitman

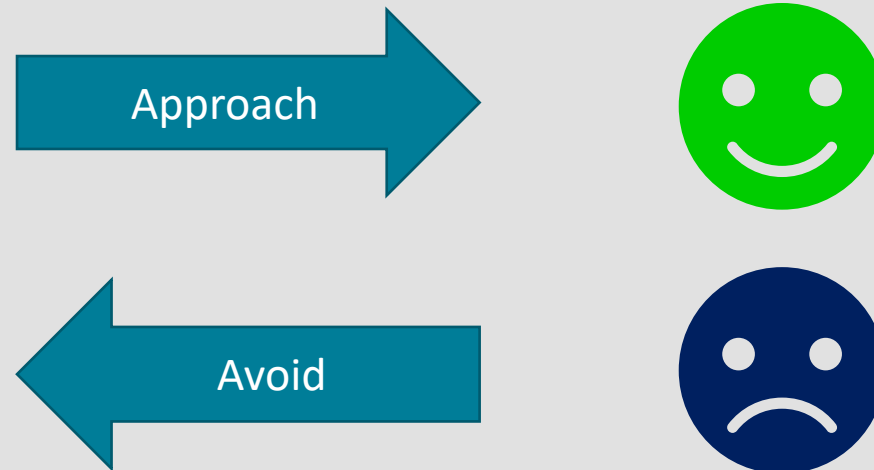
▶ Procrastination

Procrastination is EMOTION management.

A coping strategy for difficult emotions
(more on this next week)

▶ Achieving action

aka – The Approach-Avoidance Framework



▶ Procrastination

Judgement free

Why are you procrastinating?

▶ Procrastination

- Overwhelmed
- Anxiety
- Perfectionism
- Lack of, or abstract, goals
- Fear of failure

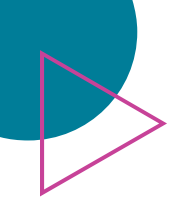
How do we overcome these?

▶ Mindfulness?

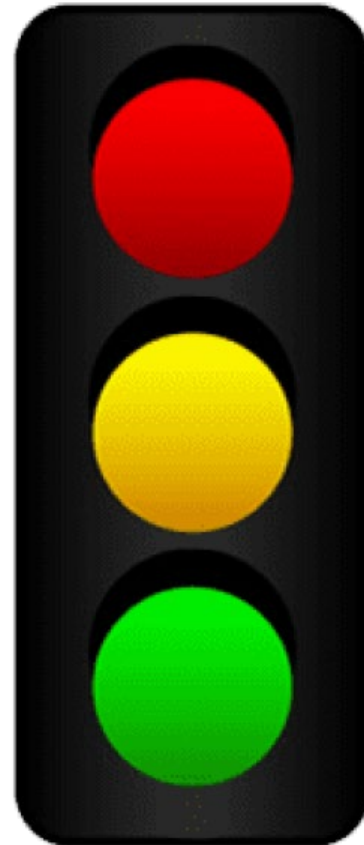
The main value of mindfulness is the identification of emotions.

Mindfulness does not fix emotions on its own.

Mindfulness combined with practical coping strategies can help reduce overwhelming emotions.



Reflective Practice



Red Light:

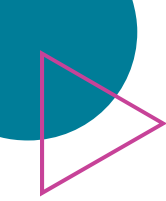
This situation adds a lot of stress and I don't think I can handle it.

Yellow Light:

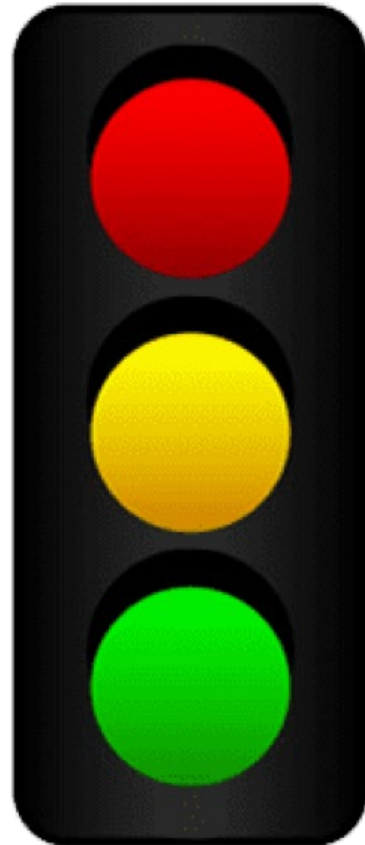
This situations adds stress, but I can handle it.

Green Light:

This situation adds no stress



Reflective Practice



Red Light:

I will seek help from those I trust

Yellow Light:

I will use strategies to help manage the stress

Green Light:

I can handle this

Procrastination



Stems from negative emotions.

Deal with the emotion = Deal with the procrastination

What will you take
away from today?

The goal is *Progress*
not *Perfection*

