

# ARA News

September 2023

Happy September!

The month of change and growth. This month we will be touching on Procrastination! (Pro-Cras-Ti-Nate) To Procrastinate means to intentionally put off doing something that should be done.

## Why do we

### Procrastinate?

Not knowing what needs to be done

Not knowing how to do something

Not wanting to do something

Blaming sickness or health

Waiting for the "right time"

Believing that you work better under pressure

"TRY MAKING A GOOD ATTEMPT NOT A GOOD EXCUSE"



## TYPES OF PROCRASTINATION

**Perfectionist:** Puts off tasks because they fear not being able to perform a task perfectly

**Dreamer:** Puts off tasks because they are not good at paying attention

**Defier:** Doesn't believe someone should dictate their time schedule

**Worrier:** Puts off a task out of fear of change or leaving the comfort of the "unknown"

**Rich Men North Of Richmond**

Oliver Anthony Music



## NEGATIVE IMPACTS OF PROCRASTINATION

Higher levels of stress and illness

Increased burden placed on social relationships

Resentment from friends, family & Co-workers

Increased risk of Anxiety & Depression

Poor impulse control

Poor quality of sleep

## Feeling Anxious? Try:

Stating the emotions that you're feeling

Ask yourself "what's the worst that could happen?" then ask yourself, "how would i cope if it happened?"

Looking back on what caused the anxiety

Find something on Youtube that makes you laugh

List 3 things you've worried about in the past that did not come true



## HOW TO OVERCOME

### PROCRASTINATION

**Face your Fears:**



This involves a fear of failure, a fear of making a mistake or even fear of success

**Make a List:**

Start by making a To Do List with all of the things you would like to get done, put a date next to each tasks and give yourself a timeline to get it done

**Break Down tasks into Bite Sized**

**Pieces:** Take individual tasks and break them down into smaller steps



**Recognize when you are**

**Procrastinating:** when you feel tempted to procrastinate, dont give in, force yourself to spend a few minutes working on a task

**Take Away Distractions:**



Turn off all distractions (Phone, Tv) and use this time to focus on your tasks

**Reward yourself!**

Once you have finished a task, reward yourself with an episode of your favourite show, or a sweet treat

