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WEEKLY WELLNESS AND COUNSELING NEWSLETTER



Are you a procrastinator?

Procrastination can cause problems at work or school, in your relationships, and with your health, among other things. Find out why you procrastinate and how potentially damaging it could be by taking this procrastination test.

[Take the quiz >](#)



WHY DO WE PROCRASTINATE?

Etymologically, “procrastination” is derived from the Latin verb procrastinare — to put off until tomorrow. But it’s more than just voluntarily delaying. Procrastination is also derived from the ancient Greek word akrasia — doing something against our better judgment.

Procrastination isn’t a unique character flaw or a mysterious curse on your ability to manage time, but a way of coping with challenging emotions and negative moods induced by certain tasks — boredom, anxiety, insecurity, frustration, resentment, self-doubt and beyond.

“Procrastination is an emotion regulation problem, not a time management problem,” said Dr. Tim Pychyl, professor of psychology and member of the Procrastination Research Group at Carleton University in Ottawa.

Put simply, procrastination is about being more focused on “the immediate urgency of managing negative moods” than getting on with the task, Dr. Sirois said.



FOCUS TIPS

In the case of procrastination, we have to find a better reward than avoidance — one that can relieve our challenging feelings in the present moment without causing harm to our future selves. The difficulty with breaking the addiction to procrastination in particular is that there is an infinite number of potential substitute actions that would still be forms of procrastination, Dr. Brewer said. That's why the solution must therefore be internal, and not dependent on anything but ourselves.

CHANGE YOUR THOUGHTS

You think I'll never get this done. It won't be any good. I can't think of anything to write. And then your body responds to the thoughts by freezing up in anxiety or worry.

Let the thoughts come and go. Be aware of them, but don't pay them any mind. Recognize the reactions in your body—your emotions—but don't let them stop you as you make your way to your writing area.

LET YOUR BODY HELP!

Whatever is going through your thoughts can sometimes be redirected by your body, movement, and breathing.

Yoga breathing techniques, particularly the Breath of Fire (watch it on YouTube!), is a good way to increase oxygen, decrease stress, and make you laugh because of how weird you feel doing it.

Stretching and muscle movement works too! Power poses are sometimes thought to increase confidence, the arms in the air V for at least 30 seconds is a particularly good one.

DELAY GRATIFICATION

We don't like being uncomfortable so of course we automatically go for something to help alleviate that discomfort (food, phone, music, TV, we suddenly have to pee) .

DELAY the gratification (the good feeling) you get from giving in to your desire to go for something to alleviate your discomfort.

Set an achievable GOAL (finish my outline, finish this paragraph, find this source) before you get up to do the thing that will make yourself feel better.



UPDATES FROM WELLNESS

As a reminder, the Wellness Center is open Monday through Friday from 9:00am to 5:00pm. We are not accepting walk-ins at this time—appointments for counseling and medical services must be made in advance.

As of 10/30/20, the Wellness Center will not be offering initial appointments for ongoing services for the remainder of the semester so as to better focus on current clients and their transition to winter break. If you are not a current client, but are still in need of services, please contact wellness@ursinus.edu to discuss various options.

For students who are experiencing a mental health crisis and need to speak to a clinician, the Wellness Center holds a virtual drop-in crisis hour on weekdays from 2:00pm to 3:00pm. This service is confidential and free to all students. Students will be seen during crisis hour on a first come first served basis.

Click the link to learn more: <https://www.ursinus.edu/offices/wellness-center/counseling/>

