

The ONLY way to stop procrastinating | Mel Robbins

- Procrastination is a form of stress relief.
- How to deal with it:
 - Acknowledge the stress
 - Countdown from 5 to 1
 - Interrupt the procrastination habit
 - Do 1 thing (The work you are trying to avoid) for at least 5 minutes, once you start, you will keep going.
- **Question: Is procrastination a form of stress relief?**
- It can be! Procrastination can be a result of a task being boring, too difficult, frustrating or even vague. (Go with this)
- Yes it is! We often put off doing something because we perceive doing that activity as a stressful event.

Question: Sometimes procrastination can be a good thing. Is this statement true?

- Yes! Setting aside an idea or important piece of work for a certain length of time can spark new, creative insights. The term for this is called the Zeigarnik Effect.

Question: The Number one reason people give for procrastination is:

- Fatigue (answer)
- Lack of motivation
- No time
- Answer not listed
- <https://www.njlifehacks.com/procrastination-facts/>

Question: Which strategy would be most effective in dealing with procrastination?

- Eliminate distractions
- Set goals you can reach
- Take a break
- All of them (yes)
- <https://www.collegedata.com/resources/campus-life/8-tips-to-avoid-procrastination>

Question: Is Procrastination a Time Management Issue?

- Yes
- No. Many experts agree that time management is not the problem for procrastinators. Procrastination is an avoidance strategy. A great way to combat it is to simply forgive yourself. Studies have found that those who forgive themselves did not procrastinate as much as the second time around.
- <https://www.nbcnews.com/better/careers/6-myths-you-ve-been-told-about-procrastination-productivity-n763571>

Question: Is it true that people often work better under pressure? Procrastinators often cite this as a justification to wait until the last minute before doing their task.

- Yes
- No. There is no meaningful evidence that pressured performances that follow procrastination produce superior outcomes. The opposite is more likely.
- <https://www.psychologytoday.com/us/blog/science-and-sensibility/201508/the-procrastination-fallacy-working-better-under-pressure#:~:text=There%20is%20no%20meaningful%20evidence,a%20better%20time%20to%20begin.>

Simulation:

- Ability to sleep for energy, phone a friend, exercise.
- Have to do tasks in a time limit, these tasks have predefined time cost so the user will have to figure out what combination of things will work out best.
- During these tasks the user can guide what will happen, resulting in a different time cost depending on what actions are chosen.