

# AI-01015 Procrastination vs Depression

👤 Owner	© Rigel Arcayan
☰ Tags	Life
🕒 Created time	@June 20, 2024 4:24 AM

## Procrastination is not laziness, it's a by product of depression, is this true?

You're right, procrastination isn't simply laziness. It can be caused by a variety of factors, and depression is definitely one of them.

Here's why procrastination and depression are linked:

- **Loss of motivation:** Depression can zap your energy and enthusiasm, making it hard to get started on tasks, even ones you normally enjoy.
- **Fear of failure:** People with depression may have a negative outlook and worry excessively about failing. This fear can lead to procrastination as a way to avoid the possibility of disappointment.
- **Feeling overwhelmed:** Large or complex tasks can seem insurmountable when you're depressed. Procrastination can be a coping mechanism to avoid feeling the weight of those tasks.

While depression can be a major contributor to procrastination, it's not the only reason. Other factors include perfectionism, anxiety, and simply not finding a task interesting.

If you think procrastination might be linked to depression, it's important to reach out for help. A mental health professional can help you understand the underlying causes of your procrastination and develop strategies to overcome it.

**Here's a deeper dive into the connection between procrastination and depression:**

**The Cycle:**

Procrastination and depression can feed off each other, creating a vicious cycle. When you procrastinate on tasks, it can lead to feelings of guilt, shame, and worthlessness, worsening your depression. This, in turn, can further zap your motivation and make it even harder to tackle those tasks, leading to more procrastination.

### **It's a Complex Relationship:**

It's important to note that the relationship isn't always clear-cut. Sometimes, procrastination might come first, leading to stress and negative emotions that contribute to depression.

### **Breaking the Cycle:**

There are steps you can take to break free from this cycle:

- **Self-Compassion:** Instead of beating yourself up for procrastinating, try to be understanding. Acknowledge the depression and its effects on your motivation.
- **Start Small:** Don't try to take on too much at once. Break down large tasks into smaller, more manageable steps. This can make them feel less overwhelming.
- **Focus on Progress, Not Perfection:** Don't get bogged down in aiming for perfection. Celebrate completing small tasks and acknowledge your progress.
- **Seek Professional Help:** A therapist can help you understand the root cause of your procrastination and depression and develop coping mechanisms to overcome them.

Here are some resources that you might find helpful:

- The National Alliance on Mental Illness (NAMI): [ nami national alliance on mental illness ON nami.org]
- The Jed Foundation: [ jed suicide prevention ON The Jed Foundation jedfoundation.org]
- The American Psychological Association: [apa depression ON American Psychological Association apa.org]

Remember, you're not alone in this. There is help available, and you can overcome both procrastination and depression.