



PROCRASTINATION



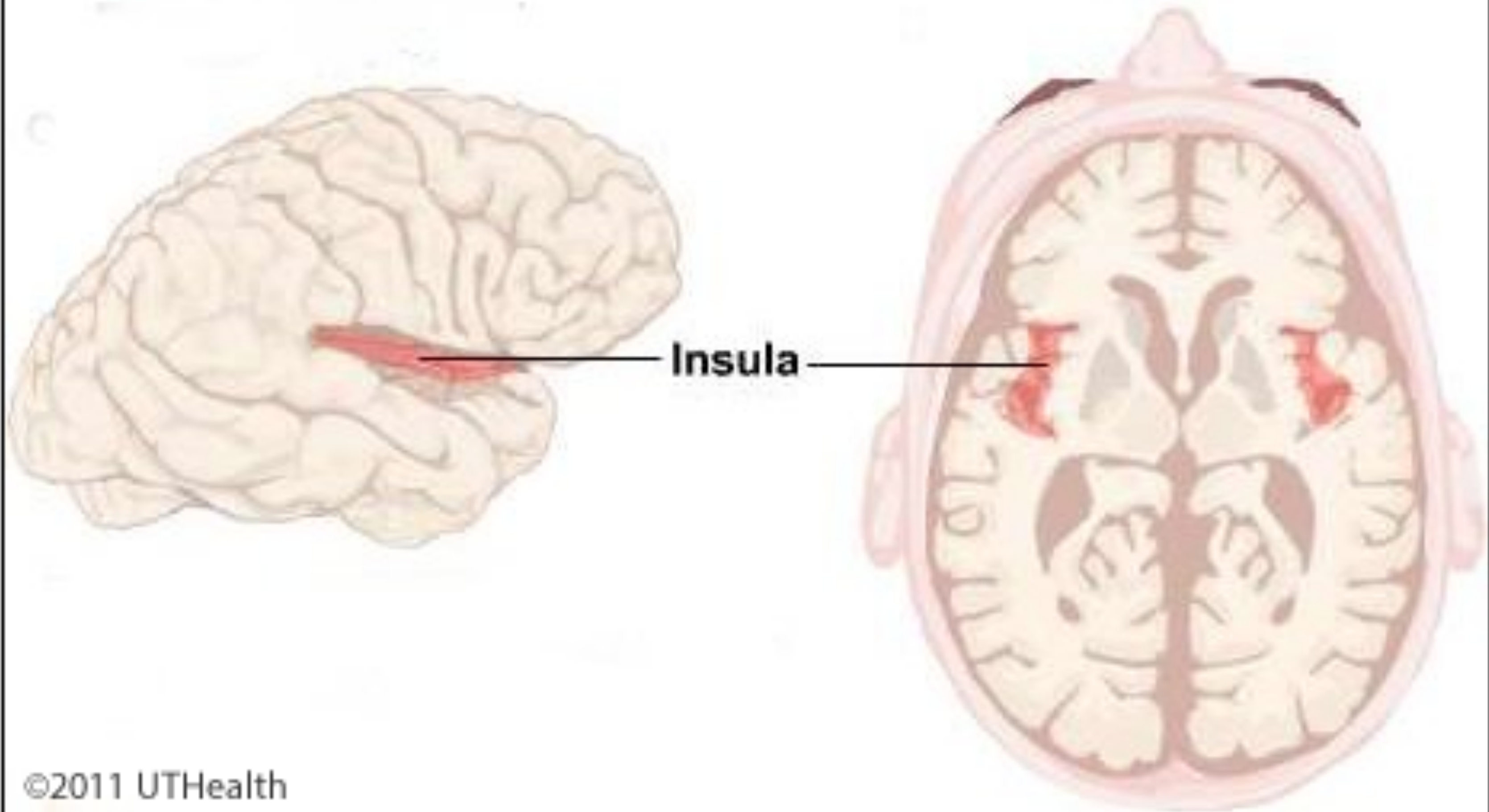
WHY DOES IT ARISE?
HOW CAN WE ADDRESS IT?

**EVERYONE
HAS ISSUES WITH
PROCRASTINATION**





When you look at something you would rather not do, you activate an area of the brain associated with pain.



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Figure 2



Naturally your brain looks for a way to stop the pain (or more accurately neuro-discomfort)



**TWO
OPTIONS**

**DO
SOMETHING
ELSE**



Temporarily effective.

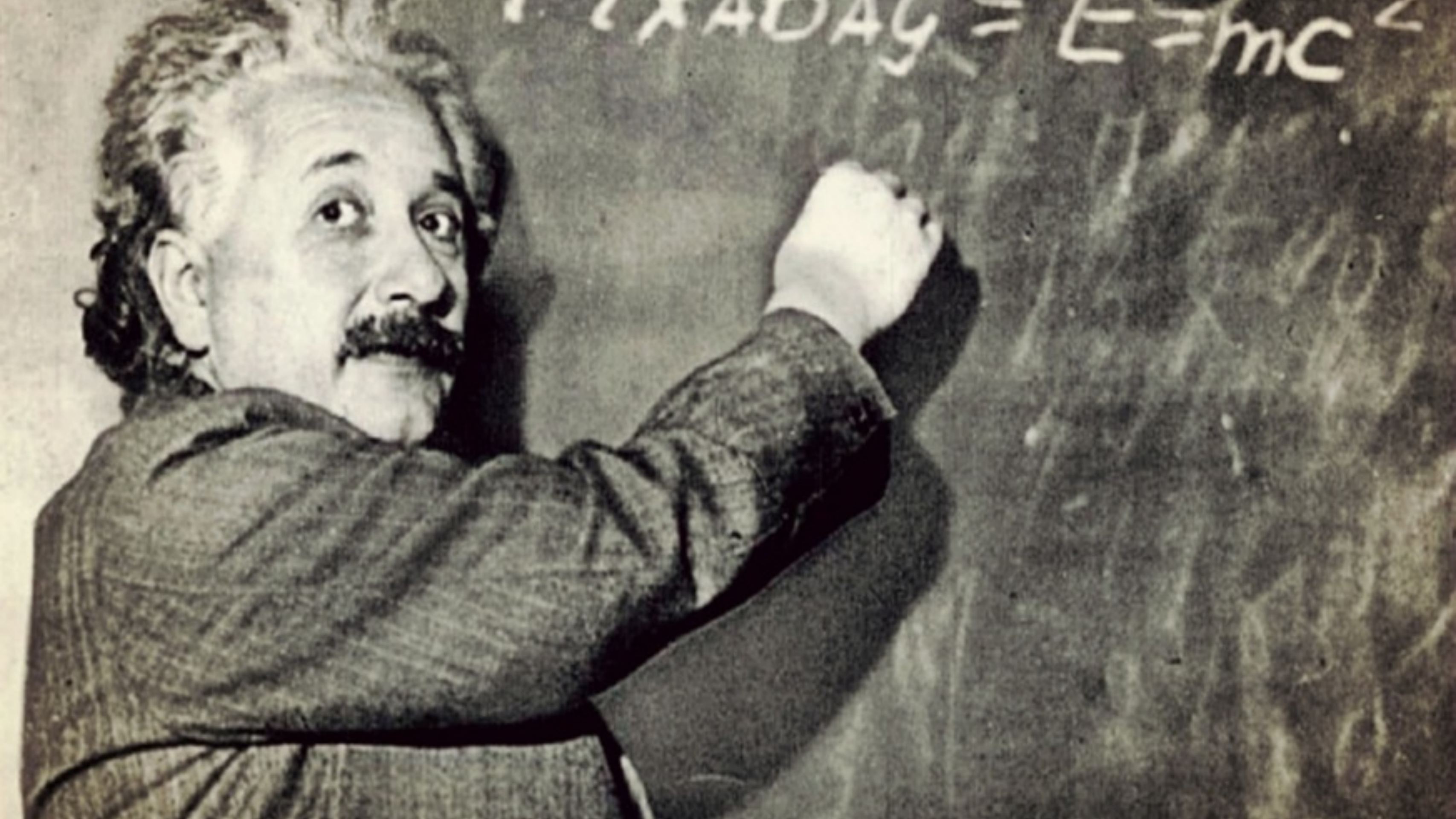


**GET
TO WORK**

Get to work – the other option



Not long after people start doing the work, the neuro-discomfort disappears.



I know what you're thinking. Thanks a lot genius ... that's easier said than done.



POMODORO

Pomodoro was invented by Francesco Cirillo in the early 1980s. Pomodoro is italian for tomato.

Decide on the task to be done.

Set the timer (typically for 25 minutes).

Work on the task until the timer rings. If a distraction pops into your head, write it down, but immediately get back on task.

After the timer rings - give yourself a small reward. (3-5 minutes)

Start again.



There are a variety of tools to help with this technique, from actual physical timers to browser plug ins to full applications.



Questions