

Coffee with the ☺☺☺
COACH ☺



**PROCRASTINATION BUSTER:
HARNESSING THE POWER WITHIN TO
CRUSH DELAY 6/14/23**

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WHERE IS YOUR HAPPY PLACE? (CHAT IN)



PROGRAM OBJECTIVES

Define Procrastination

Causes of Procrastination

Why Do You Procrastinate?

Types of Procrastination

The Negative Impact

Strategies to Stop

PROCRASTINATION DEFINED

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. Some researchers define procrastination as a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences."

Fact: You know you are procrastinating when you start looking up memes about procrastination.



**How has procrastination recently
shown up for you?**

CAUSES OF PROCRASTINATION



Motivation (or lack of)



Academics - under/over-estimate time, scope of assignment



Present bias (immediate gratification)



Depression



OCD



ADHD

Why do you think you procrastinate?

WHY WE PROCRASTINATE

We often come up with a number of excuses or rationalizations to justify our behavior. According to researchers, there are 15 key reasons why people say they procrastinate:

- **Not knowing what needs to be done**
- Not knowing how to do something
- **Not wanting to do something**
- Not caring if it gets done or not
- Not caring when something gets done
- Not feeling in the mood to do it
- **Being in the habit of waiting until the last minute**
- Believing that you work better under pressure
- Thinking that you can finish it at the last minute
- **Lacking the initiative to get started**
- Forgetting
- Blaming sickness or poor health
- Waiting for the right moment
- Needing time to think about the task
- **Delaying one task in favor of working on another**

TYPES OF PROCRASTINATION

Social Science Researchers categorize Procrastination into 2 TYPES that we will further unpack:

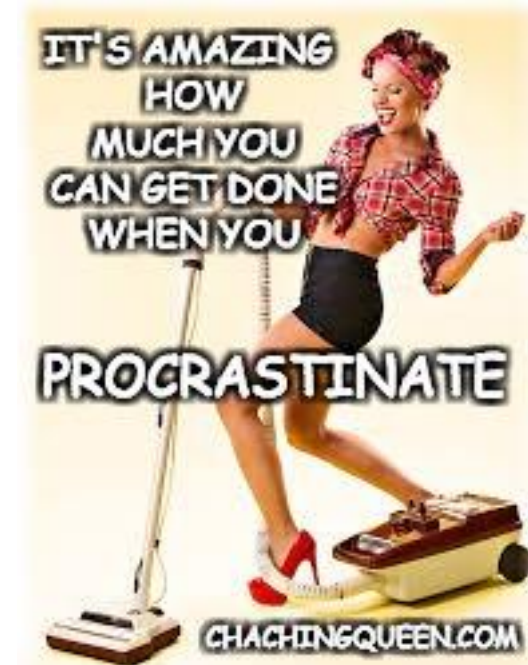
Active vs Passive

Behavioral Styles

TYPES OF PROCRASTINATION

Active/Passive

- **Passive procrastinators:** Delay the task because they have trouble making decisions and acting on them
- **Active procrastinators:** Delay the task purposefully because working under pressure allows them to "feel challenged and motivated"



TYPES OF PROCRASTINATION

Behavioral styles

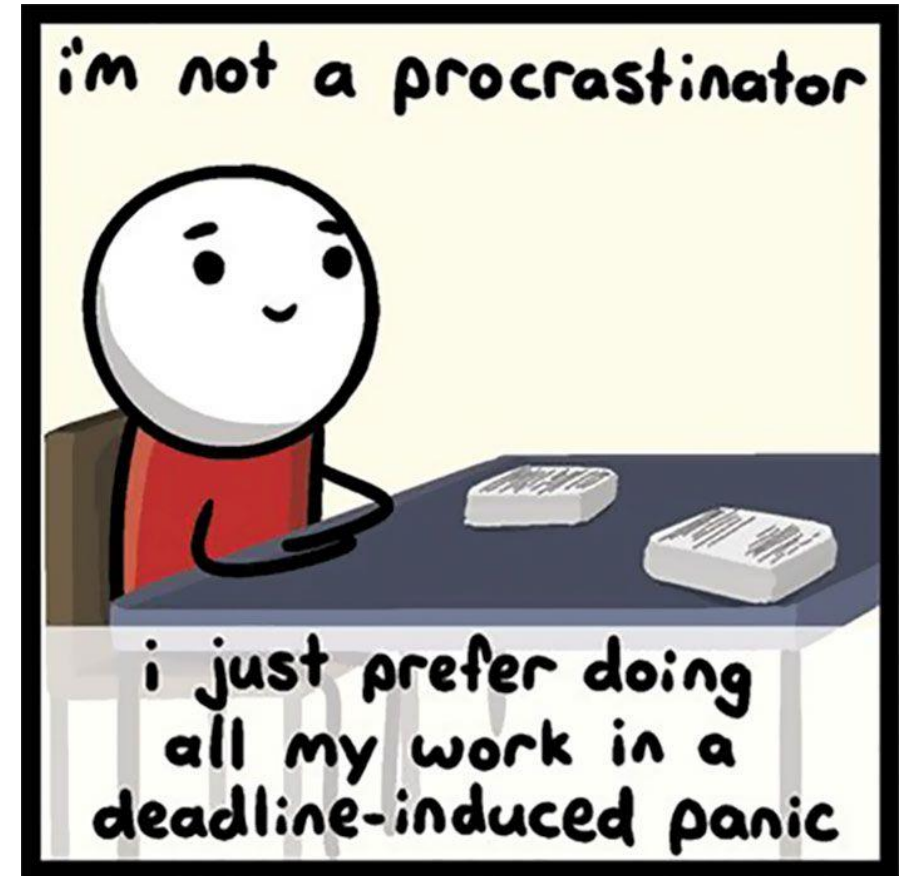
- **Perfectionist:** Puts off tasks out of the fear of not being able to complete a task perfectly
- **Dreamer:** Puts off tasks because they are not good at paying attention to detail
- **Defier:** Doesn't believe someone should dictate their time schedule
- **Worrier:** Puts off tasks out of fear of change or leaving the comfort of "the known"
- **Crisis-maker:** Puts off tasks because they like working under pressure
- **Overdoer:** Takes on too much and struggles with finding time to start and complete task
- **Revenge bedtime procrastinator:** Puts off going to bed to engage in activities that they don't have time for during the day



**WHICH OF THESE BEHAVIORAL STYLES DO YOU
MOST RELATE TO?**

NEGATIVE CONSEQUENCES- WHY OVERCOME PROCRASTINATION

- Procrastination leads to **stress** and/or decreased sense of well-being and/or self-esteem.
- Last-minute pressure produces stress.
- Daily delaying of required or desired tasks leads to chronic **worry**.
- Knowing that the task still needs to be done may make it **harder to enjoy the present**.
- Knowing that you are letting yourself down can impair **self-esteem**.



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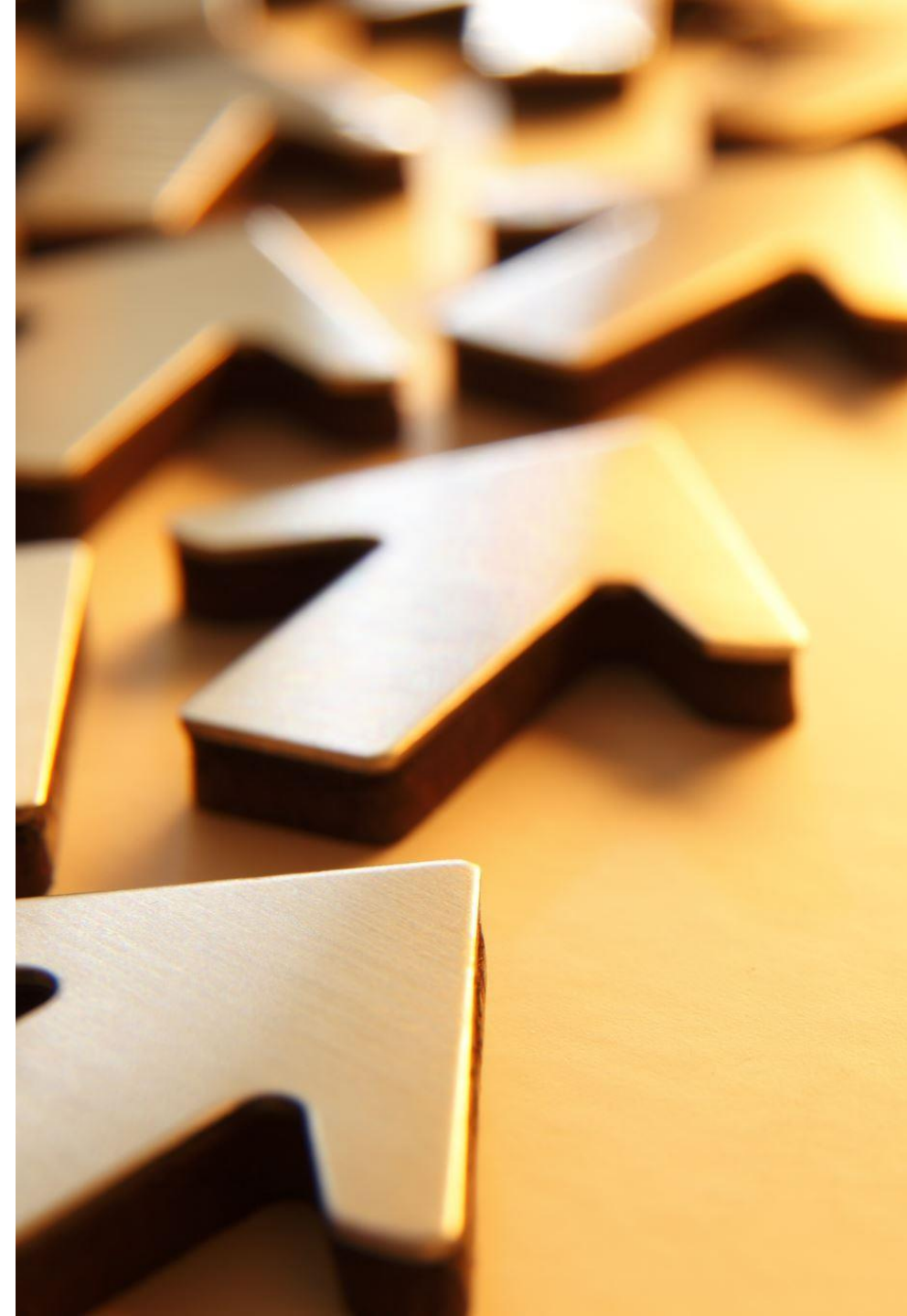
NEGATIVE CONSEQUENCES OF HABITUAL PROCRASTINATION

Habitual procrastination can have a serious impact on a number of life areas, including a person's mental and social, professional, and financial well-being:

- Higher levels of stress and illness
- Increased burden placed on social relationships
- Resentment from friends, family, co-workers, and fellow students
- Consequences of delinquent bills and income tax returns

HOW TO OVERCOME PROCRASTINATION

- Personal assessment – Why are you procrastinating?
- Organize your tasks
- Remove distractions
- Take baby steps
- Forgive yourself
- Reward yourself



**WHAT SMALL STEP CAN YOU TAKE TO DECREASE
PROCRASTINATION?**



We now know a little more about what causes procrastination, how it can impact us, and how we can avoid it. Although most of us will procrastinate from time to time, it can be fairly debilitating when it becomes a chronic issue.



Understanding the mechanics of how it works and why you might be doing it can be the first step to avoiding procrastination.



Remember, knowing your own tendencies and taking small and gradual steps can help you reach your goals!

FINAL THOUGHTS

BEST TAKEAWAY? - CHAT AWAY!



UP NEXT:

NO COFFEE WITH A COACH IN JULY
MARK YOUR CALENDARS FOR 2ND WEDNESDAYS AT
2 PM



THANK YOU!

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