

I'll do it another time

There's a science behind procrastination and how it can affect our health

SOT

Dr. Ari Lakritz [ARR-ee // LACK-ritz], OSF HealthCare psychologist

"Despite my best efforts, I just can't help myself." (:02)

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"All those aversive stimuli in the brain settle and go back to their baseline. Then it's smooth sailing until at least the next time the issue comes up." (:08)

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"Procrastination is accompanied by a sense of shame. A sense of 'I know deep down what I'm doing is not the most productive way of working. It's not the most responsible way of working'." (:09)

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"They're not so good at understanding or feeling the consequences of what's going to happen when they come to that big meeting or big test unprepared." (:08)

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"Take a nice little break to revitalize yourself between those small chunks, then get right back at it. You might spend more time overall on this task, but you'll be working much more consistently. With procrastination, slow and steady wins the race." (:18)

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"Come up with a contract or rule. You're only allowed to eat that ice cream or candy bar when you're working actively. You'll begin to associate working with something physically pleasurable. We would expect that to have pretty good effects on your level of motivation going forward." (:21)