

Procrastination And Covid-19

Procrastination is not laziness but an active process whereby one chooses to do something else instead of the task at hand.

Deal with your fear

- What are you afraid of?
- Do the harder task first
- Recognize that you are procrastinating



Break projects into more manageable segments .

- Decide on a topic
- Complete research
- Write an introduction etc.

Reward yourself

- Do something you enjoy after completing a task

Set visible reminders

- Have sticky notes
- Mark deadlines on a calendar
- Create to do lists
- Ask for help
- Use task and management apps.



Eliminate distractions

- Turn off your TV
- Limit your news consumption on COVID-19
- Leave your phone in another room
- Schedule breaks
- Turn off social media



Establish a routine

- Schedule work hours
 - one hr on and one off
 - take time to connect with loved ones

