

PROCRASTINATION AND STRESS



PROLOGUE

Imagine you are given a week to make project about something but you start making excuses. Seven days suddenly passed and you realise that you have few hours before due. You feel this adrenaline rush, so you quickly panic and begin to write something. When you get your mark back, you will with guilt say to yourself: It could have been better!

Stress and Procrastination comes hand-in-hand especially when there's a deadline. Best thing here is **prevention** because being exposed to long-term stress is not good for your health.



MOST COMMON PROBLEMS WHEN PROCRASTINATION KICKS IN ARE:

- Not starting right away
- Not knowing where to start
- Encountering an obstacle



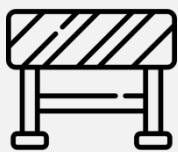
NOT STARTING RIGHT AWAY

From the point you are assigned with some task, immediately start studying it. Think about it and plan how you will take this all. Congratulations! You just broke first barrier of not starting right away.



NOT KNOWING WHERE TO START

The second biggest factor, which prevents you from moving on is not knowing where to start. Best weapon against this is to keep thinking about it as much as possible. By constant "brainstorming" you eventually get some notion. This even includes starting with research. Try to use your common sense and information you already know even if it's something basic. By doing this you will overcome the hardest aspect of a difficult beginning. After this, things will start wrapping up one to another and you will start being more motivated.



ENCOUNTERING AN OBSTACLE

However, well earned motivation can be absolutely annulated by encountering an obstacle. At first glance it can look impossible, so DON't postpone this problem to the end, because it can stress you later. Problems are here to be solved and once again a key here is thinking. Keep thinking about it, research about this problem, ask somebody who could know something about it. You will soon start to see that your problem is starting to be more and more solvable so don't lose motivation even when something you are solving is very frustrating.



IN CONCLUSION

By breaking the three barriers, you will eliminate procrastination and subsequent stress from your life as much as possible. Remember: **Thinking is the key!**