

Procrastination Because of Anxiety

There are anxiety-related causes (as well as other causes) of procrastination. Here is one way to understand the anxiety related cause, and one way to start overcoming it. You are overwhelmed resulting in putting things off. Example: you get overloaded by the many notices your child brings from school. They need swimming gear on Thursday, something for Show-and-Tell on Monday, \$2 for a project in two weeks due on Wednesday etc., etc. For overload such as this you need a reliable way to be reminded only on the day or time required to provide for the need. Break up the tasks. Put the required prep time for each individual thing on a phone calendar, a fridge calendar, or the like. This way your energy will only go to the thing at hand and not be continually spent in worry over the group of demands coming your way.

PFL Team