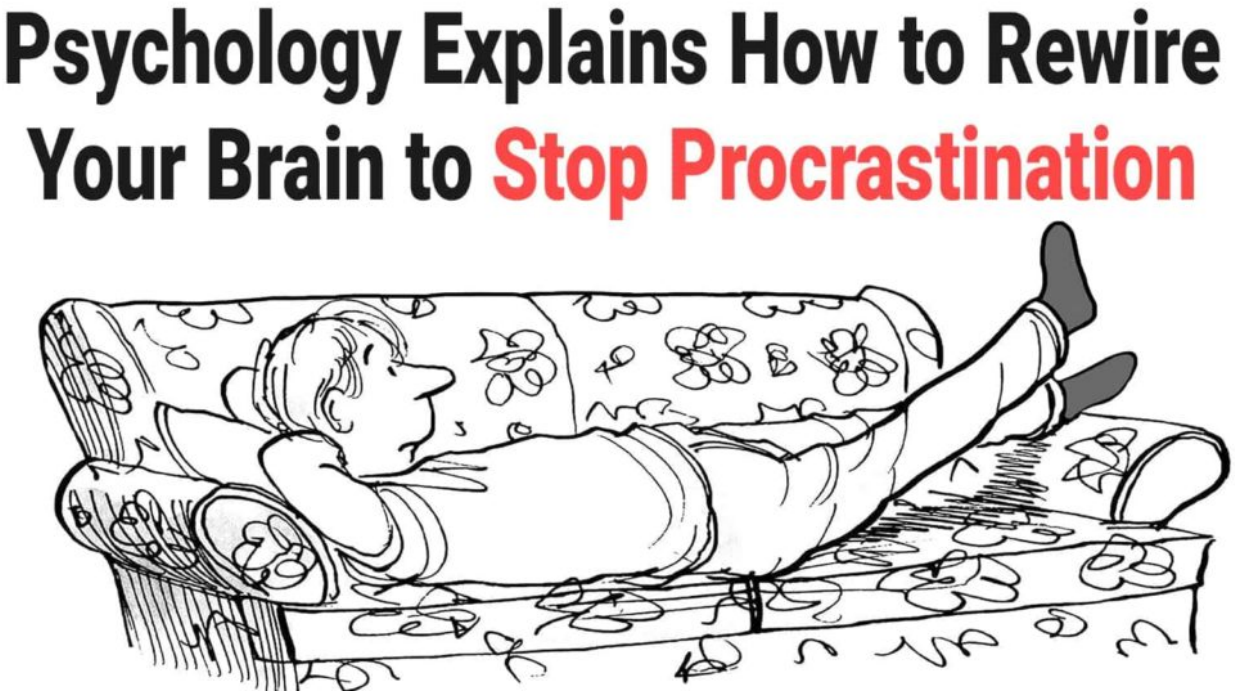
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Psychology Explains: Here Is How You can Rewire Your Brain & Stop Procrastinating

By bestfolkmedicine · 25/06/2019 · 3 min read



Is procrastination a problem for you? Do you find it hard to follow up with your clients? Do you tend to miss deadlines or turning in poor work due to constantly putting off tasks?

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While you were a student, did you find it hard to complete assignments timely and waited for the last minute?

Procrastination means putting off or delaying things that need our immediate attention. When a person has this habit, they risk not fulfilling their potential and poor careers, health, and well-being.

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This is why our article will be focused on learning more about the psychology behind procrastination and how to rewire your brain and boost your productivity!

The Psychology of Procrastination

Surely, from time to time, we all procrastinate; however, the problem arises when one begins to postpone everything on a regular basis.

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Procrastination is deeply rooted in our psychology and brain and this biological predisposition to procrastination needs to be fought off properly. One of the major reasons for this habit appears to be stress.

When stress reaches a point of being too distracting, one enters the mode of procrastination. Also known as the procrastination accumulation effect, it is considered to be among the major triggers of procrastination.

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Unfortunately, a lot of people do not consider procrastination to be nothing more than laziness; however, it is a much more serious issue. For the chronic procrastinators, this is not just a problem with time management, but a way of life.

How to Rewire Your Brain & Stop Procrastinating

- **Accept reality**

When you procrastinate, you gain nothing. By berating yourself, you will drain your vital energy and thus, cause additional procrastination in the future.

Even though we all put things off occasionally, we need to be more willing to bring our attention to the task we need to complete. This does not mean that it needs to be the perfect thing- what matters is to do it and try to do better than the previous time.

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- **Stop trying to be perfect**

Did you know that the constant need to be/do perfect can lead to procrastination? Namely, you will continue postponing the thing until you think it can be done perfectly.

But, will this moment ever happen? Since we are human beings who are prone to mistakes and there is no one perfect, it does not make a lot of sense to wait and think that the best time to do something is when it can be done perfectly.

Try to shift your focus and skills on the task you need to finish. This will help you build a proactive and fulfilled mindset.

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- **Celebrate your achievements**

In order to boost our self-esteem, we need to celebrate the things we accomplish.

Also, learn to revel in the moment of achievement and look back on the good things you have done in life- this will help you remember how great you are.

Instead of thinking about the times you did badly, think about those times when you did more than you have imagined or when you have simply done enough.

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