

# SELF-CARE PROCRASTINATION STOPPER



Procrastination is a challenge that everyone faces at one point or another, but we generally associate it with things we're putting off or don't want to do.

If you were to stop and think about it, would you admit to procrastination featuring equally in your life in its reverse form?

How many times have you known that you really need to take some time out to decompress or to recharge your batteries but haven't because you have too much to do?

Have there been times you really needed a break and haven't asked for help because you didn't want to be a bother to anyone?

Putting off taking time for yourself, when you know you need to, is a form of procrastination ... understanding why we procrastinate is a great tool to being more proactive in self-care.

As humans, we value short term gains over long term rewards. In other words we see more value in washing the dishes than taking time out to have a regular relaxing bubble bath because the relief of a clean kitchen is immediate. Self-care, though pleasurable at the time, needs more sustained effort to feel the impact on our mental and physical health.

It helps to imagine having two selves ... 'Me Now' and a 'Future Me'. When you set goals like taking more time out for self-care, you're actually making plans for 'Future Me' ... but the actions are being done by 'Me Now'.

'Future Me' is great at making plans and setting goals, but 'Me Now' likes instant gratification, not long term pay off.



Procrastination happens when 'Future Me' and 'Me Now' are at odds with each other.