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Procrastination Why You Do It

Timothy Pychyl, a psychology professor at Carleton University in Ottawa and author of Solving the Procrastination Puzzle, says motivation often follows action. So, if you just do something right away, ...

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Why we procrastinate on the tiniest of tasks

You've spent the whole day running around, ticking things off your to-do list and finally, after you've settled down for bed, it's the last thing you actually want to do. Instead, you scroll on your ...

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Do You Procrastinate Before Bedtime? Here's What's Keeping You Up

The idea of sleep procrastination was first introduced ... and that scrolling on your phone is fun, but you lose track of time,” says Breus. “My big question is: If you want some ‘me’ time, why not ...

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Why You Stay Up So Late, Even When You Know You Shouldn't

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Procrastination is not laziness. It's about avoiding ourselves, and it's on the rise.

There's strong evidence that creative insights need time to percolate - and that the right amount of distraction may be key to innovation.

Why procrastination can help fuel

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creativity

If you delay sleep in favor of bingeing TV or browsing social media, you may be a bedtime procrastinator. Here's what that means—and how to make yourself go to bed. The post Revenge Bedtime ...

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The immense creative power of procrastination

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We all procrastinate sometimes.

Compassion – for others and ourselves – can help us to stop making choices in the present that hurt our future selves.

The key to stopping procrastination? Compassion.

Holly Wren is a portrait, lifestyle and commercial photographer based in

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London. She is passionate about using her images to tell stories and sell brands. One of my mentors used this phrase a lot. For ...

Opinion: "If you aim at nothing, you'll hit it every time"

Whatever your writing project, finishing that first draft is the first big step. And

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you won't make if you keep scrolling Twitter.

A writer's guide to overcoming procrastination

If you find yourself procrastinating big projects down to the very small, it may have nothing to do with a lack of motivation, and everything to do with

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the chemicals they trigger in your brain.

Coming Out From Under The Quarantine Covers - Why You Should Start Small

You've likely heard of "burnout" as a result of over-working, but did you know you could mentally overextend yourself from over-dating, too? It's true: Burnout

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isn't exclusive to professional ...

5 Signs You're Burned Out From Dating & Could Use A Break

It's easy to put off or completely avoid calls when you're feeling anxious, but the more you procrastinate, the worse the anxiety is likely to get.

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Why Do Some of Us Get Anxious When It's Time for a Phone Call?

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What You Need to Know about Distance Learning - Although a quick retreat back to more conventional methods of learning could occur.

What You Need to Know about Distance Learning in 2021

Even if you're not traveling soon, this is one of the best times to renew your

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passport, even if it doesn't expire in 2021.

Five reasons you should renew your passport now

I've loved seeing signs of spring. One day it's nice and sunny, and the next day it's snowy. But on my daily walk today, daffodils were blooming

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everywhere, undaunted by the ice. It was such a ...

Brodi Ashton: You, me and the procrastination monkey

Phone Paul Zimmerman, district councillor for Pok Fu Lam in Hong Kong's Southern district, and you may be surprised to discover that the national

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