



FIJI NATIONAL
UNIVERSITY

www.fnu.ac.fj

PROCRASTINATION



With COVID-19 has emerged severe mental health challenges related to depression, anxiety and emotional exhaustion.

Besides, online learning and work from home could mean that many individuals are juggling other duties and responsibilities at the same time.

Procrastinating could emerge as a common but unhealthy coping mechanism, as a result.

Procrastination is the avoidance of doing a task/tasks to be accomplished, and it has a high potential for painful consequences. It interferes with academic and personal success.

What can help? Get started: do something, take action

- 1 **Make a plan:** set daily goals & do a time management schedule.
- 2 Choose a conducive environment that motivates you to work.
- 3 Identify your most challenging task and the tools you need.
- 4 Break the task into manageable subtopics. Do one subtopic per session.
- 5 Set a timer as you work on activity and a 5-minute break in between.
- 6 **Try a 5-minute plan:** work for 5 minutes and see if you are inspired to continue. If not go onto another task.
- 7 Post sticky- note reminders on commonly visited places at home.

OFFICE OF THE REGISTRAR | COUNSELLING SERVICES

- 8 **Get a support team:** friends and family to remind you of your priorities and deadlines
- 9 **Don't expect perfection:** stay focus and remain flexible with your plans.
- 10 Reward yourself after reaching your daily goals- a favourite meal or movie.

Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis.

Please feel free to contact your FNU counsellors.

CONTACT:

Kantha Mani

E Block, Natabua Campus, Lautoka
Mob: 8910854 | Ph: 666 7533 | Ext: 7828 | Email: counsellor-km@fnu.ac.fj

Varsha Naidu

Counselling Room, Disability Centre, Nasinu Campus
Mob: 8960857 | Ph: 339 4000 | Ext: 2979 | Email: counsellor-vn@fnu.ac.fj