

SANE AUSTRALIA

SANE Australia Mental Health Meet-Up

Date: 01/07/2021

Topic: Let's Talk About Procrastinating

Description: It can be common to struggle with motivation and time management, particularly if there are things that we'd rather not do. Let's talk and learn from each other about our struggles and how we manage, with the aim of being a bit more self-aware, being a bit gentler with ourselves, and hopefully getting closer to doing the things we want to do.

TideisTurning (PSW)

Hi everyone! Welcome everyone to today's Peer Group Chat talking about procrastinating! First, we'd like to acknowledge the Traditional Custodians of the various lands we're all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. This always was and always will be Aboriginal land.

This is a new peer support service we are trialling! Because of this, we really value your thoughts on how it goes, so we will send a link to a short survey at the end of this chat for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can access the survey here now:

https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

Tonight, peer support workers @TideisTurning and @Girasole will be facilitating a discussion around the topic of procrastination. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, anyone could benefit from talking about procrastination. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with

sharing. Some of the conversation may be heavy in nature as we talk about mental health struggles. @Basil, who moderates on the SANE Forums, is working behind the scenes to ensure our safety.

If you're having any technical difficulties, please see our FAQ (<https://www.sane.org/peer-support/peer-group-chat/chat-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support>) or message @Basil.

We're looking forward to creating a space where we can reflect and learn together and expand our ideas of overcoming procrastination. Lastly, just so you're aware, the transcript of this group will be made available for download afterwards on SANE's Peer Support website.

TideisTurning (PSW)

Welcome everyone! We'll be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊 In the mean time, feel free to introduce yourselves. I'm @TideisTurning

bipolarbunny

Hi @TideisTurning, Hi everyone I'm @bipolarbunny 😊

Olga

Hi everyone. I am Olga

Charly

Hi everyone I'm @charly, first time here. :)

bipolarbunny

Hi @Girasole & @Basil

TideisTurning (PSW)

Welcome @bipolarbunny, @olga & @Charly! Great to have you all with us!

Girasole (Peer Worker)

Hi everyone! It's so great to see you all here :) I'm Girasole, one of the Peer Support Workers

TideisTurning (PSW)

On to our first question for the evening: Is procrastination something that you relate to? If so- what kinds of things do you find that you tend to avoid through procrastination? And how do you feel about doing this?

bipolarbunny

Yes I definitely procrastinate a lot, especially when depressed or overwhelmed. I avoid or put off most things until the absolute last minute. It is frustrating and makes me feel weak that I can't motivate myself.

Olga

I become really anxious when I procrastinate and then I do things in a rush and without much care

bipolarbunny

Also I'm not sure at times if the procrastination is a symptom of my MI or not, so beating myself over it is counter productive and maybe harmful?

Girasole (Peer Worker)

I feel like I've procrastinated on a lot of things over many years! Back at school and uni I remember procrastinating doing homework or assessment tasks. These days I find I procrastinate doing life admin and certain chores. But also things like approaching difficult conversations or situations.

adge

Hi I'm Adge - Yes I relate to procrastinating/ procrastination. I don't intentionally/ consciously put things off, at least not so much small everyday things - But the the bigger things like major house repairs (lots of \$\$ needed) & things that seem stressful or unwelcom, Yes unfortunately. They go into the "Too Hard Basket", & they stay there (sometimes for ages)...

TideisTurning (PSW)

It sounds like a few of you have touched on our next question a little, which is: Have you ever thought about the particular reason why you might be avoiding certain tasks? These could be anxiety about conflict, the tasks is unpleasant...? What do you think might be that case for you?

adge Some things that go into my "Too hard Basket" my not really be that hard (for some) - Yet they seem Overwhelming to me. So they get left out, put off, or avoided.

Charly I really struggle with procrastination particularly if I am feeling overwhelmed, like if the task is too big. I think that I also expect to be able to do things well, so I hesitate to start them.

Girasole (Peer Worker) I guess none of the things I procrastinate doing are fun! They're all unpleasant in some way, so I guess it makes sense that I want to avoid doing them. Especially when there are more pleasant ways I can spend my free time

bipolarbunny Yes definitely anxiety and being overwhelmed by something that needs to be done.

adge Yes fear of Conflict (or rude pushy people) - Is one situation I find hard to confront. Sometimes real-life Bullies have actually backed down & apologised, when I've confronted them. Other times Bullies have become far more Aggressive, when confronted.

Charly Motivation is hard too sometimes. If it's something pleasant that I have chosen it's easier

bipolarbunny Sometimes I find the weather makes procrastination & motivation worse. Especially winter.

Shaz51 hello

bipolarbunny Hey Shazzy

TideisTurning (PSW) Hi @Shaz51! :)

TideisTurning (PSW) **There is a growing idea in the mental health space that "laziness" doesn't exist, but rather barriers to motivation and action just get in the way; or we're simply exhausted and need to rest such as in this article- <https://humanparts.medium.com/laziness-does-not-exist-3af27e312> What do you think of this- can you see this applying to you?**

bipolarbunny Oh most definitely! I think that's why procrastination frustrates me because I don't feel that I am a lazy person. Other times I can be highly motivated.

TideisTurning (PSW) Myself, I highly doubt anyone would put off a task without some kind of reason, so I really like this idea. I think there are definitely reasons behind everything a person does, or does not, do.

Charly But I beat myself that I can't keep on top of simple tasks and feel that I must be lazy or I would be more motivated.

TideisTurning (PSW) That's a great point @bipolarbunny about the frustration of procrastination

Charly Ps I can't find the article so my answer is not related to it

Girasole (Peer Worker) **Apologies, see if this link works :) <https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01>**

Charly Thanks @Girasole (Peer Worker) it does

Shaz51 I agree

Girasole (Peer Worker) I think this resonates with me a fair bit. When I look back on all the time I've spent procrastinating doing homework or uni assessments- I probably just wanted or needed to rest, so fair enough that I procrastinated! Especially if I was expecting myself to work after I've already gotten home from a full day of work. Now I know I can push back doing particular chores because I find I simply need to have a period of rest after a working week. And certainly for complex

things like avoiding conflict- there might be barriers like not feeling safe, or fear of ramifications which are obstacles to action, i.e., not laziness.

TideisTurning (PSW)

Do you think, reflecting on this, that you could be a bit easier on yourself about things that you might be avoiding doing?

bipolarbunny

Yes I definitely feel there's another reason to avoid doing something. I don't deal well with conflict so avoid it at all costs.

Shaz51

yes could be easier on myself but does not happen in the moment next time

bipolarbunny

For sure, I do get down on myself far too often for not being able to accomplish something or for putting it off until I'm so stressed I don't know where to start.

The Hams

Hi all. Got around login issue

adge

I think that Article/ Reading is Great - It feels Validating. Amazing for a Psychology Professor, to have that Opinion, that Laziness does not exist...

Girasole (Peer Worker)

It definitely does help me to reflect on why I procrastinate doing life admin etc. – it's inherently unenjoyable! And I want to be able to do positive things with my time off. When I think about it, it actually does help me be a bit easier on myself, thinking about the valid reasons why I don't want to do certain things.

TideisTurning (PSW)

While it can be helpful to be a bit gentler with ourselves in the process of doing things we might not want to do, sometimes these things do ultimately need to get done at some stage- or there may be undesirable consequences if we don't take action. What would be some of the consequences or negative effects (if any) if you didn't follow through with the tasks you're avoiding?

bipolarbunny

I think a big consequence for me would be feeling like a failure.

The Hams

I think I have a tendency to take on board more than I can realistically expect of myself. I do this because I have an underlying sense of failure from my early 20s. So its like I play catch up. But then I end up procrastinating anyway.

bipolarbunny

It's definitely a fine line between being gentle on ourselves and giving ourselves the shove we might need to get moving. That's where I struggle. I go too far one way or the other.

The Hams

Yeah same here @bipolarbunny

Shaz51

very true @bipolarbunny

Girasole (Peer Worker)

That's never a good feeling @bipolarbunny @The Hams, but definitely relatable, for many people I'm sure :heart:

TideisTurning (PSW)

Do you have any ideas of things that could help motivate you in the future? What do you think could be helpful?

Shaz51

and then by the time I get it done , it was not to bad and was done quickly

Charly

I really like that article, the "not good enough" and "noone chooses to feel this way" resonated with me. If I break things down into smaller steps I find it's not so overwhelming

bipolarbunny

Yeah I kinda of this year started a credo of "Just Show Up". I did it initially with my triathlon training. You know don't over think it lace up start running and see what happens. I found nearly 99.9% of the time it's the idea of starting that's

the hardest but once your moving you build momentum. It's been so good that I started applying it to other areas of my life too. If I feel the mind overwhelmed I just think, I just have to show up.

The Hams Also working on whatever tasks I have to do in small steps and boil it down by writing about it. I did that yesterday on the shower wall lol

Reach Getting to know how my mind works and having perspective on different aspects of myself including strengths and goals to work on ... and relaxation helps motivate me.

Girasole (Peer Worker) I think involving other people, telling them I'm wanting to get something done would be helpful for me. They could even help in the process itself (if they can be actively supporting me), and it would also help me to be more accountable.

The Hams Agreed Girasole. Speaking to those I trust is a good thing too

Reach Alarms, time timer, schedulers, diaries and using them helps. A consequence of not doing life admin (budget, paying bills) could be bankruptcy and less job opportunities

TideisTurning (PSW) **Are there things you already do to help manage doing things you don't really want to do? What does that look like? Have you gotten any better at this over time?**

Shaz51 doing them finally in the late afternoon

bipolarbunny Habit forming has been helpful. It takes away the over thinking.

Girasole (Peer Worker) It depends on what I'm trying to do- I find listening to energetic music really helps me to get through chores. The kind of music I could dance to, which tricks my body into feeling more energetic XD

Shaz51 sometimes doing them when we arrive home from work and then it is done

Reach Time timer is like a visual alarm clock. It looks like a pie chart that reduces as it counts down minutes remaining. Good to keep people on track.

bipolarbunny I do that too @Girasole (Peer Worker) pump up the volume and house work is much more fun! :grin:

TideisTurning (PSW) One of my biggest motivators with unpleasant tasks is the knowledge that while it may be unpleasant in the short term, it is likely to be of benefit to me in the long term. That, and the phrase 'do the things that your future self will thank you for'

Shaz51 ohhh yes @bipolarbunny

The Hams I think sometimes too it is important to ask myself why I am doing some things. Are they actually necessary? Are they needed? Can I actually limit my time on some stuff that is not as important etc

Reach I think timing tasks in scheduler helps. Eg if wed nights go to gym, tired when come home. Then scheduler cooking and freezing ahead of time or in grocery shop planning for a snacky meal or protein rich post workout

Charly I think scheduling in something fun is important

TideisTurning (PSW) Yes @Charly!! Definitely!

Shaz51 yes putting the most important things first , if the other things can wait , I write them down with a date it needs to be done by

Reach Also on post gym food...: easy to prepare and tidy up helps

Mel Hi everyone, this is my first forum and I just logged on but it looks like some really great ideas have been shared

Alicat Doing things in bite size, I'm not going to clean the whole house I'll start by folding 1 shirt at a time.

Girasole (Peer Worker) Hi @Mel! Great to have you here, welcome :)

Reach Ahh! The luxury of a clear shelf!

Alicat Mine to Mel, took me awhile to find my way in :thinking:

TideisTurning (PSW) Glad to have you with us @Mel & @Alicat! :)

Mel I try to schedule the most difficult tasks OR the tasks I am least looking forward to first so that I tackle it when I am at my most high functioning and then I feel great that I knocked off an important task and so I feel extra motivated for the rest of the day

TideisTurning (PSW) **What do you imagine life would look like for you if you managed to do the things you're avoiding? Do you think there would be improvements to your life, or will you have grown as a person if you did some of these things?**

Reach It's hard... there is growth but how to balance with working with strengths?

bipolarbunny It would definitely help me grow and improve my self esteem & confidence I think.

bipolarbunny It would also lessen the anxiety around doing certain tasks in the long run.

Shaz51 i think improvement and growth

Alicat Most definitely my physical and mental health would greatly improve as well as confidence and quality of life.....It's exercise I procrastinate about. Seeing it written makes me sad and disappointed in myself :cry:

Girasole (Peer Worker) Oh I feel like I'd grow so much as a person! If I could go ahead and have these difficult conversations, or learn how to better navigate a complex situation... I'd also love to not have an ever-present list of life admin to do... clearing all that and knowing that there's nothing to do sounds so peaceful and amazing to be honest. But also, I think that there is still some room for procrastination, or rather: putting off some things for now to allow rest and meeting your immediate needs. Some chores can wait! Some things aren't actually urgent. I consider looking after ourselves in the present a priority :)

Charly I would feel more capable and less like I have given up on myself. It would be a positive for me. And procrastination is tiring!

adge Dealing with Divorce - Would give me \$\$ Security, & would guarantee that my Legacy goes to my relatives (neice & nephews). Instead of someone who I've not seen in 11 years, having a \$\$ claim on me (& me on them).

Shaz51 And procrastination is tiring! and gives me a very big headache 31

bipolarbunny I agree @Charly we burn so much energy debating the whys and wherefore's of not starting something it would probably take less than half that mental energy to just get it done.

Alicat I'm ok when I have commitments to others or places to be but left to my own devices I flounder. I give myself permission to have a doona therapy day now again and that helps me stay outta bed most other days.

Charly That's so true @bipolarbunny

TideisTurning (PSW)

Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what was it that you took away? 😊

Charly

That I'm not alone 😊

Shaz51

that i am not alone and will try and complete the jo first and then resting

The Hams

That all of us are trying to make our way through this thing called life - the ups and the downs - and we are not alone in that

Alicat

Yes many many things! What really jumped for me was bipolarbunny's comments about just show up or lace up and see what happens :heart_eyes:

bipolarbunny

Yes definitely not to beat myself up if I cannot get something done. Accept there's going to be days where being less than productive is more than enough.

Girasole (Peer Worker)

A number of things really resonated with me :) @bipolarbunny "I found nearly 99.9% of the time it's the idea of starting that's the hardest but once your moving you build momentum... If I feel the mind overwhelmed I just think, I just have to show up." @Alicat "Doing things in bite size, I'm not going to clean the whole house I'll start by folding 1 shirt at a time." @Charly "procrastination is tiring!" @bipolarbunny "I agree Charly we burn so much energy debating the whys and wherefore's of not starting something it would probably take less than half that mental energy to just get it done."

Alicat

There gold Girasole

TideisTurning (PSW)

Tonight's topic may have brought up some uncomfortable feelings as we talked about the frustrations of procrastination and why this might happen. Would some self-care be helpful for you after we finish? If so, what might you do? 😊

bipolarbunny

I have a bowl of my favourite chocolate ice cream ready and waiting :grin:

Alicat

Make a nice hot chocolate

Shaz51

mr shaz just made me some cheese biscuits with butter on them , so going to make a cuppa

Mel

Watch something that makes me smile and play with my dog

bipolarbunny

Oh @Mel give puppy a big hug from me :blush:

Mel

I'll do so for everyone because she loves getting hugs!

Charly

Hug my dog 💖. Thanks, been nice to meet you all x

Girasole (Peer Worker)

Very much on theme for tonight, I'm going to focus on just doing what I need to do and leaving the rest :heart: I might pop the heater on, get comfortable, and light one of my favourite scented candles :)

TideisTurning (PSW)

Puppy hugs are the best @Mel

TideisTurning (PSW)

We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. As we're trialling this service, we'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

bipolarbunny

The Hams

Charly

Reach

Reach

TideisTurning (PSW)

Oh @Charly big hugs for your puppy too :kissing_closed_eyes:

my self care - do the tasks i need to do haha

I will bipolarbunny 😊

I have worked hard today... I m procrastinating from relaxing

Thanks for your ideas!

Here are some further resources on procrastination and motivation you might like to have a look at- "Laziness does not exist": <https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01> Motivation: <https://www.healthdirect.gov.au/motivation-how-to-get-started-and-staying-motivated#:~:text=Motivation%20is%20the%20drive%20to,much%20you%20want%20the%20goal>

Charly

Thanks tideisturning

Mel

Thanks to everyone. Has been a nice experience and hope to make more of these. Take care

Alicat

Thank you everyone, it was really helpful and supportive xx off to do survey and tomorrow I'm going to my boots on and go for walk :walking:

TideisTurning (PSW)

Thank you for joining, and we hope you enjoyed the discussion. If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here <https://www.sane.org/peer-support/peer-group-chat>. You can also ask a question for our next topic, which will be talking about sleep and you can read the transcripts of all our previous topics too 😊

bipolarbunny

Been a pleasure chatting with everyone, hope you all have a wonderful night xx

bipolarbunny

A big thank you to @TideisTurning (PSW) @Girasole (Peer Worker) & @Basil (Moderator) for hosting :) xx

Shaz51

thankyou everyone , a great night

TideisTurning (PSW)

Thank you @bipolarbunny & everyone here tonight for sharing your insights so generously with us :)

Girasole (Peer Worker)

Take care everyone! <3