

## **I'll do it another time**

*There's a science behind procrastination and how it can affect our health*

Run time - :38

**ANCHOR LEDE:** Procrastination is a part of life. But what's important is understanding *why* we put things off and how *not* to let it impact our mental health. Tim Ditman of OSF HealthCare has more.

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OSF psychologist Doctor Ari Lakritz [ARR-ee // LACK-ritz] says many people procrastinate because they don't understand the consequences.

Some tips to conquer it:

Break up work into chunks. And pair rewards with productivity.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Ari Lakritz, OSF HealthCare psychologist**

**"Come up with a contract or rule. You're only allowed to eat that ice cream or candy bar when you're working actively. You'll begin to associate working with something physically pleasurable. We would expect that to have pretty good effects on your level of motivation going forward." (:21)**

I'm Tim Ditman.

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