"GAIN WITHOUT PAIN"

by:

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We all have a routine every morning. Some choose to wake up early before the sun sets to prepare their stuff and have nothing to miss. Others get up at an exact time that enables them to finish their preparations for the morning. And most are waking up minutes before because they reason out that they are more attentive when they're put under tension. All these kinds of routines are quite common for us, and all is well at this time. But when the catastrophic Covid-19 hit every corner of the world, it changed the lives of everyone around the globe. It resulted in community lockdowns that made every individual stay at home. It caused a tremendous adjustment for plenty of people. All the usual habits and manners suddenly changed, and every routine is altered in different ways. Classes of Students and Teachers are shifted from online learning. Thus, the duty of workers is turned to work from home. During this pandemic, the Internet became much more used to perform such tasks. It is an advantage that we can wake up a little late than usual time because we are just at home. We have the steering wheel of our time. That enables us to control and be the boss of it. But one disadvantage of that is we hold it too much that we tend to forget to carry our priorities.

Waking up in the morning and realizing that your to-do list for the day is now full that there is no space to add more can be somehow tiring already. The feeling of frustration can only be bear by sighing deeply in front of our workload. And we find comfort by diverting ourselves into other entertainment activities. Studies have shown that we, most of the time, procrastinate due to different reasons. Such as, we don't have the will to do reluctant tasks. That's why we tend to just leave it there and wait for the time we feel like doing it. We sometimes don't have the energy to finish the tasks we need to do. This often happens to people who did excessive physical activities that tend to
procrastinate for too long. And last reason, we don't have enough discipline for ourselves. Our concentration is vulnerable that distracting things could easily distract us, that we end up cramming in the night. We are convinced that we can function when we are put under pressure. That our brain works faster when we are in a hurry. But are we able to see the effect it has on us? According to one study from Stanford University, our brain is prone to experience a significant amount of stress when we cram too often and too much. Our brains can also get exhausted as much as our bodies. That's why procrastinating for too long and cramming at night to finish all tasks is not a good habit, and it is also bad for our health. Errands, chores, assignments, lectures, work, and all activities that fall under responsibilities may be draining. But we have goals to reach. Hence, dilly-dallying should be avoided even though it is tempting, and we are used to it. It is still not too late to change our habits into good ones. We can always set new routines that will be perfect for ourselves. After all, we can invariably regain the motivation we thought we lost. Because if procrastination loves us, then we should love our responsibilities more. Because dreams are attained through sweat, not through procrastination. And gaining without pain is out of the question.

References:

Why People Procrastinate: The Psychology and Causes of Procrastination – Solving Procrastination