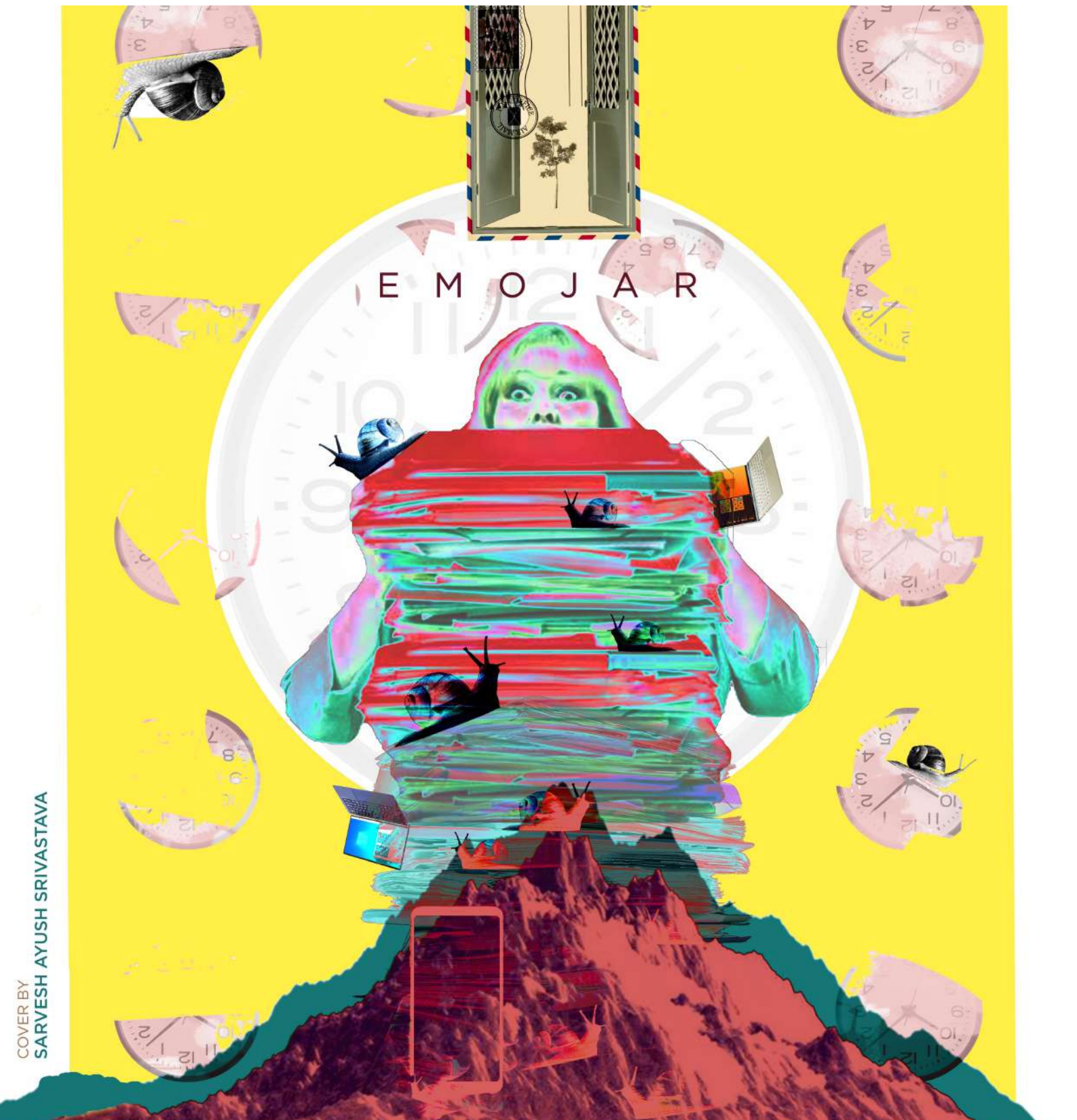


COVER BY
SARVESH AYUSH SRIVASTAVA



PROCRAS TINATION

Why do we lack the drive?

ISSUE #2

Foreword



To all our readers,

Every month we as a mental health group try to bring forth one aspect of human's most intriguing part - the mind! Last month's issue focused on Stress Management keeping in mind the COVID situation.

This month too, we tried to assemble few of the aspects of Procrastination - the tendency to delay work, which has been one of the most tricky issues to deal with this pandemic. As rightly said "procrastination is not only a time killer, but a motivation killer too!" Thus we hope that through our illustrations and articles our readers will be able to introspect, understand and implement the good reads and keep themselves thoroughly engaged.

Immerse yourself in the thoroughly engaging articles and come back every month for more interesting topics for that moment of illuminati!

Team

Emojar



WORDS

FROM

OUR

LEADS



ROSHMIJA BISWAS **CREATIVE HEAD - EMOJAR**

I believe in being true to one's self is the greatest thing one can achieve in life. Being true to yourself starts with knowing who you are, accepting yourself, knowing your strengths, passion, weaknesses and purpose in life and then living that way all the time, holding onto your ideals faithfully. You come to know yourself only with time while finding what works for you. More precisely, what makes you who you are as a whole. Don't let anyone tell you anything else, we don't have to be chained down by society's expectations and rules. Be you, show what you are capable of and you will automatically stand out and be in harmony with everything.



ATRI DAS **EDITOR IN CHIEF - EMOJAR**

I think one of the most profound things in this world is seeing people fight their own battles everyday. Each individual, dealing with their own demons while trying to act basic intrigues me wholeheartedly. I believe generalising acceptance for all sexes and providing the needy with mental and physical assistance is the least we can do in the name of Altruism. Advocating counteractive habits to eliminate social evils like hatred, discrimination and jealousy should be announced as a part of adaptation. Along with that incorporating a minimalistic lifestyle would largely contribute to our spiritual empowerment and Self actualisation. I hope and pray that, may this world find peace and may you be in peace.



TISTA BANERJEE **CHIEF CO EDITOR - EMOJAR**

My message to the society aims at admiring the inner beauty of every person while being zero judgemental about their appearance. Being accepting and open to all spectrums of individuals while cherishing their differences can cause serious shifts. The need to normalise mental health in our society is increasing rapidly every day and every second. It is as essential as being physically fit. By accepting and celebrating people around us as who they are we create a safe space for all shapes, sizes, colours and sexualities.

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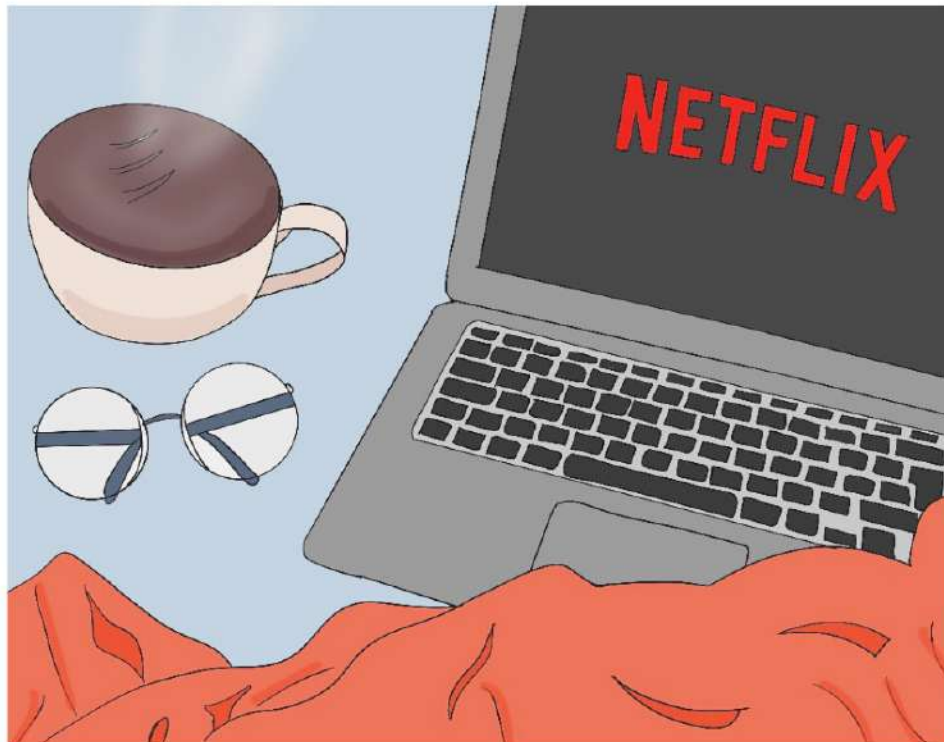
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WHAT IS PROCRASTINATION?

Piers Steel, a leading expert on the science of motivation, defines procrastination as “voluntary postponement of an unpleasant task, often against one’s better judgment”. The Oxford English Dictionary defines it as, “The action of delaying or postponing some- thing.” More intriguing is OED’s example phrase for the word: “Procrastination is the thief of time.” We would all agree to this. It is a very human thing and we would all re- late to the countless times when we’ve pushed back doing those laborious assignments or preparing those excel sheets. Research has revealed that every 5th person is a chronic procrastinator – and 95% ex- press a strong desire to quit the habit. However, not everyone has the same degree of procrastination. There are Chronic procrastinators – people who constantly face a hard time dealing with or completing tasks on time and Situational procrastinators – people who hold up work only on specific tasks and not on all.

WHY DO WE PROCRASTINATE?

One of the common reasons why people avoid completing tasks on time is that they aim for perfectionism. We fear that once we pursue a task, we might not be able to do it as per the standards established by either ourselves or by others. We also wish to com- plete the task in the most flawless manner. Lack of motivation is another one - this may result from several causes – fatigue, mo- notony, boredom, stress, lack of interest, unclear goals etc. A study at Carnegie Melon University revealed that motivation is less when people find negligible value in the pro- jected outcome of their work. Distraction. We find ourselves constantly glued to the screens. Social media take up most of our time. We sit down to get things done but suddenly a PING! diverts our atten- tion to unimportant tasks while deadlines – “I want the work done by XYZ time!” - sends us into a frenzy. Sometimes when there’s too much to be in done within a time bound frame, we go bonkers on ourselves. And at times the opposite happens, when there’s adequate time to complete it, we view the deadlines as a distant future. The more time we got, the more we put it on hold.

tomorrow (noun)
 A utopian, fantasy land where 99% of human productivity, motivation and achievement is stored.
 Me: *time to get started with homework*
 Me: *opens Netflix, binge watches Friends*
 Also, me: *ah! now I’ll surely start*
 Me: *opens notebook, writes 1 word, picks up phone*
 Me: *goes on a meme rampage, listens to All of Me on loop, tries doing moon-walk dance, fails miserably, still tries (giving up not an option, ya!)*
 Me: *writes lyrics of Afreen Afreen in calligraphy on H/W notebook, doodles, paints, decorates with sequins, stones, pearls, diamonds, ruby. Clicks pic, updates IG story #mesmerizing*
 Me: *at least I’ve been aesthetically productive today XD XD!*
 Scared you might be procrastinating this moment? Don’t worry, reading this will be pro- ductive procrastination!



HOW TO CONQUER IT: PSYCHOLOGISTS SAY

2

Perfection requires us to be flawless. Now we aren't Jennifer Aniston (even she's got her own flaws). This becomes a severe hindrance to proactivity – the antithesis of pro-crastination. We humans are infallible beings. Instead of focusing upon doing a faultless job, let us focus more on how we can use our skills to the best of our ability. Let us stay imperfectly perfect!

Try celebrating your accomplishments. When you achieve small daily goals, you put a small but a real piece of victory into each and every day. Small victories create momentum. Momentum feels a lot like destiny. It gives a boost to our happiness and self-esteem and reminds us of how awesome-blossom we all are!

Get started. Combat the drive to not even start the task. The discomfort that accompanies the task swiftly wanes once we pick up on the work at hand. With time, it seems like we were laying it off for no good reason at all. Try finding a short-cut to finish it (pro-crastinators flaunt this useful talent!).

Try Kaizen – the Japanese magic potion for procrastination. Practice doing something for one whole minute every single day at the same time. You just won't delay doing something for 1 minute. It'll actually reward you with a sense of satisfaction and joy as it leads us to take baby steps towards reaching our goal.

All of us have our own personal reasons for procrastination. The key lies in discovering what are the things that pulls us back and trying to find solutions that work uniquely for each one of us. Style your actions on the classic saying of the mystic poet Kabir Das, "Kal kare so aaj kar, aaj kare so ab". Lay those bricks, be consistent, and do not forget to enjoy the journey!

**YOU DON'T HAVE TO
SEE THE WHOLE
STAIRCASE,
JUST TAKE THE FIRST
STEP.**

- Martin Luther King Jr.

WRITTEN BY - ARHAMA SHAMS SHEIKH
EDITED BY - ATRI DAS
ILLUSTRATIONS BY - NIVEDITA TRIPATHI

Ways to kill Procrastination

1

Make a to-do-list

Prepare a list of all the tasks that you need to get accomplished during the day, and place it in a location where it will constantly be in your line-of-sight.

2

Simple goals

A very simple and short goal is something that will help you get started. Simple goals can be great motivators.

3

Chunking

Just like breaking bigger information into smaller pieces makes it easier to remember, breaking a task into smaller and easier tasks not only makes it easier but also makes you want to do it.



4

Reward yourself

After every task that you finish, reward yourself by eating a good snack, taking a short break, watching a YouTube video, et. This will motivate you to finish the task as early as possible, for the greed of enjoying the reward.

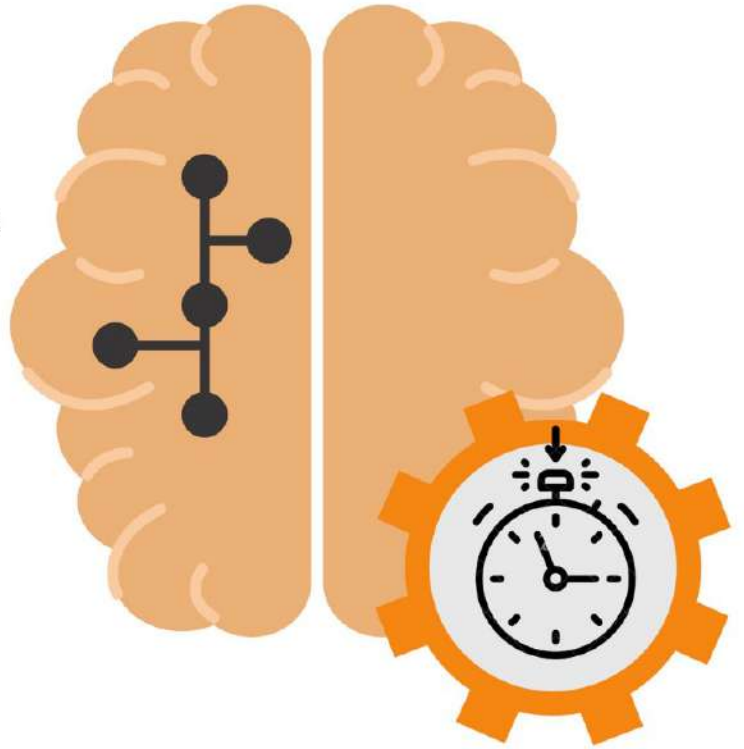
3

Ways to kill Procrastination

5

The Pomodoro Technique

Derived from the tomato-shaped kitchen timer, in this technique, you set a timer for 20 minutes, work until it goes off, and then take a 5- minute break.



6

Pick your poison

Instead of focusing on everything at once, pick just one task that you have been procrastinating, and make a commitment to complete it in a short time-frame, say, a week. This will help in picking up a rhythm.

7

Start right now

Once you have selected the task you want to get accomplished, force yourself and start doing it right away. If the task becomes overwhelming or daunting, then follow the five-minute miracle.

8

Five-minute miracle

Think about what task can be accomplished in five minutes or less, and proceed to do it (in five minutes). This will help you in gradually completing the tasks on your list, as you are very likely to finish something once you start it.

4

EXPERIMENTS ON PROCRASTINATION

➔ Procrastination and students

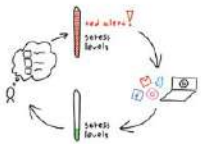


Nigesh Lakshminarayan, Shrudha Potdar, Siddana Goud Reddy carried out this experiment. 209 students were assigned a questionnaire, consisting of 16 questions that assess their level of procrastination. Participants grades in previous university exams were compared to assess their academic performance.

The experiment was conducted in a controlled classroom with minimum interaction among the students. The experiment showed that students who were low procrastinators scored average/above average in their academic performance and vice versa.



➔ Procrastination and stress



Musolina, Evanya, carried out the experiment. In this experiment 40 undergraduate students were randomly assigned to one of the four experimental conditions; Low Effort-High Stress, Low Effort-Low Stress, High Effort-High Stress, High Effort-Low Stress.

Participants in High Effort-High Stress condition would procrastinate more than the participants in the other conditions. Solomon (1984) A significant interaction between effort and stress was observed. The results supported the Hypothesis.

➔ Procrastination and difficulty of the task



by Janson Carton- 42 undergraduate students enrolled in introductory psychology course. They were randomly assigned to either easy or difficult experimental condition consisting of easy and difficult psychology article respectively

The students were required to read the article and answer a series of questions in a written form. The time of submission was used to measure the level of procrastination. It was found that students with internal locus of control will complete the assignment sooner than those with external locus of control.

PROCRASTINATION AND SELF CONTROL

5

Nicholas Burger, Gary Charness and John Lynham carried out this experiment. In this a group of students were paid \$95 to complete 75 hours of study at a monitored location in the campus library over a period of 5 weeks. In one of the treatments, the participants were required to work for 12 and 24 hours in the 1st week and by the end of 2nd week respectively.

While, there were no interim requirements imposed on them in the second treatment. It was expected that the participants will procrastinate with their timing, leaving bulk of the required studying until the end of the second week. In line with the results proposed by Ariely and Wertenbroch (2002), it was expected that externally-imposed costly deadlines would be efficacious, such that the group with the requirement of weekly studying would be more likely to finish the task.

After the experiment it was found that completion rates were 50% higher with no interim requirements. There was substantial heterogeneity, with some people accomplishing the bulk of task in the 1st week whereas some in the 2nd week. It was observed that students who achieved their study goal and did not procrastinate, showed improvement in their performance during the course relative to those who did not achieve their goals.

TRIVIA

Did you know Procrastinators always look for sources of distractions. Some of the most common are checking the mail, following various social media platforms, etc.

Did you know Procrastinators are a bit more optimistic than other people. Though in reality, they are heavily incompetent in completing tasks, they “are sure” that they will accomplish it somehow.

Did you know Procrastinators suffer heavily from indecision. They are always in a confused state and to avoid, they procrastinate more.

FACTS & TRIVIA

- Research has shown that 95% of the world’s procrastinators want to reduce it, or reduce its affect on their life and daily routine.
- Sonja Dekker and Ronald Fischer in 2008 showed through their studies that western countries are motivated to achieve individual achievements while eastern countries look up to work as a team and does not aim for personal incentives.
- In 2002, the total amount of tax overpayment caused by procrastination amounted a whopping \$473 million.
- Studies have shown that procrastinators complain of a pain when they start thinking about the task at hand. That pain they feel is real, so, the easiest way to get rid of the pain is to keep aside the task.

NEWS AND RESEARCH

By- Shivangi Banerjee

RECENT RESEARCHES

Most millennials today needlessly and voluntarily delay going to bed, termed as - 'bedtime procrastination'. Research conducted in University of New York by Oettingen, & Gollwitzer on how to effectively self-regulate bed-time procrastination has shown that the specific sequence (first thinking about a desired wish followed by a critical obstacle) is crucial for nurturing goal that one wants to pursue.

PROCRASTINATION AND CREATIVITY - In two experiments conducted in the U.S., by the Wharton School, University of Pennsylvania, tempted participant to procrastinate at varying degrees and found that moderate procrastination can foster creativity when employees have the intrinsic motivation (doing something without any external reward) and opportunity to generate new ideas. Participants were made to access a number of funny YouTube videos easily while they were supposed to solve business problems. But instead of being counterproductive as we can expect, they generated more creative ideas in the moderate rather than low or high procrastination conditions.

NEWS TO EASE YOUR ANXIETY

7

When couples argue, mediation by a third party improves the outcome of the confrontation. Couples who received active mediation have higher satisfaction than non-mediated couples at the end of the conflict.

According to a recent study by Washington State University researchers published in the Journal of Social and Personal Relationships, Social media addicted teenagers are not the only people who experience the Fear of Missing Out also known as FoMO. Self-perception especially loneliness, low self-esteem and low self-compassion, were more closely related with the social anxiety that others are having fun without them.



TO DO OR NOT TO DO ?

WRITTEN BY - RONJINI ISHANI SEN
EDITED BY - ATRI DAS
ILLUSTRATION BY - NIVEDITA
TRIPATHI

The signs were always there from the beginning. Cue - College. Where I did nothing but the assignments that had the 'this has marks' sticker slapped onto them. The sudden unbridled freedom spelt nothing but disaster for people like me.

But why ?

Procrastination is fueled by a 'instant gratification' which is mediated by Dopamine circuits. The same ones that mediate reward as a consequence of using drugs like Cocaine. As cliché as it sounds, it runs especially rampant now due to the advent of 'instant culture' where everyone gets almost everything instantly like an overly spoilt six-year-old. The feeling of getting things with minimum struggle eventually turns into a sort of norm, while things that still require effort and patience become abnormal.

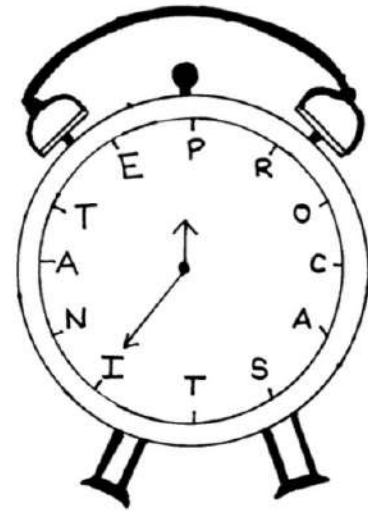
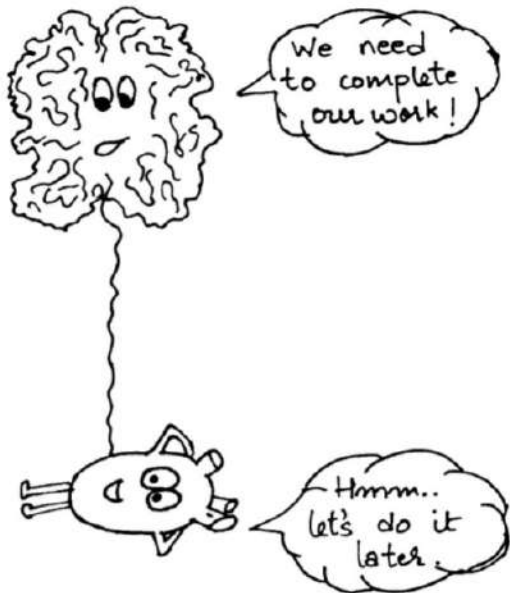
Not a very happy bunch.

8

So, what do we do to ensure that we actually do the things that we are supposed to do? What most people do not understand is that you are a part of a network. You are a node in a network. You will get to know at least a thousand people in your lifetime, and each of them will get to know a thousand more and so on so forth. Like ripples across a pond, consequences move out and they affect things in ways you cannot imagine. Hence, the things you do or do not do are far more important than you think. And the terror of realizing that is, that everything starts to matter. You confront your existential terror. When you live a pathological life, you pathologize society. And if enough people do that, then it's just pure hell. This existential terror, this fear is good as you are motivated to move, so as to ensure that you are not caught up in its terrifying jaws and gulped down with a nice cool glass of regret into its belly of hell like consequences. If you choose to not confront that fear, it stands in front of you, blocking your path, stopping you - A stagnant life.

One must always remember, that the risks of proceeding are nothing compared to the risks of failing. So, sit down and talk to yourself, start with small achievable goals. Try cooking for yourself, sit down with friends and brainstorm, anything. Just keep moving. Step by step towards a more put together and consistent life.

PROCRASTINATION AND LETHARGY



9

Procrastination is a kind of coping mechanism, where people, cope with the extreme stress resulting from their impending tasks by avoiding the deadline of the task or even by trying to stay ignorant. In a nutshell, we can simply say that procrastination is the avoidance of doing a task that needs to be accomplished by a deadline.

Suppose, you are to present a very important presentation in ten days and heavy self- doubt is making you question yourself whether you are even competent for this or not. Thus, this spiral of low self-esteem and low self-confidence increases stress as you question your abilities at every step. Studies show that university students tend to procrastinate more tasks which they find 'unpleasant' or 'difficult'.

Psychologically speaking, Depression is also a cause for procrastinating. People who are depressed are already burdened so much with negative thoughts and emotions that an additional baggage becomes a bit too much to take in and that's when they have the urge to keep that baggage off their minds.

WHERE DOES LETHARGY COME INTO PLAY ?

Now the link between lethargy and procrastination is more like a cycle. To start with, what is lethargy? When our minds are preoccupied with negative emotions, we become demotivated, which further results in an unhealthy state of mind further affecting our physical health making us, uninterested, ignorant and lazy. This state of physical and mental exhaustion is called lethargy. We all feel exhausted and pressurised with big burdens which just seems a bit too much to take in. So, we decide to take a 'break', this break produces an unhealthy habit of escaping from stress. Thus, causing lethargy which eventually leads to procrastination. Above all continuous exposure to pressure and stress propels us to escape from it making us dodge everything rather than trying to deal with it. Hence, procrastination also leads to lethargy.

Though, in most of the times, you cannot control the way you procrastinate. If procrastination is effecting your daily life, going to therapy is an ideal solution. To be aware of the fact that you are procrastinating and running the endeavour to control it means half the war is won.

WRITTEN BY - SUMEDHA GHOSH
EDITED BY - ATRI DAS
ILLUSTRATIONS BY - TERESA RASAILY



Psychological perspective and genetics

WRITTEN BY - AQSA MAQSOOD
EDITED BY - ARHAMA SHAMS SHEIKH
ILLUSTRATION BY - SARVESH AYUSH SRIVASTAVA

The act of putting off something or delaying it while it requires immediate attention is known as procrastination. It is the unintentional habit of avoiding doing a task that needs to be completed by a pre-determined deadline.

According to neuropsychologists, procrastination might be a result of failure or a dysfunction of the executive system which is responsible for execution and prioritization of daily tasks. Evolutionary psychologists opine that it is a result of genetic dysfunctioning. A group of researchers did a study on identical and fraternal twins to identify the genetic reasons for this problem. They found that genetics can be the reason for difference in procrastination habits about half the time.

The early researches suggest that high dopamine level in the brain can affect the trait of the behavior, particularly in women. A research in 2014 revealed that it can be passed from the parents to the offspring.

The first and foremost step towards overcoming this gigantic problem is to identify the root cause behind it. Once we have insight into the main issue(s), we can work towards resolving it by making changes in our daily-life routine and rewiring our attitude towards the task at hand. Start your work by setting small goals and work towards achieving them one at a time. Develop the right attitude and do not worry about producing the perfect work. If you encounter any difficulty while doing a task, break down your work into smaller tasks and stay away from the interruptions.

BIOLOGY BEHIND PROCRASTINATION

WRITTEN BY - ROSHIJA BISWAS

EDITED BY - ATRI DAS

ILLUSTRATION BY - ANUSHA KUNDU

11

Most of us are familiar with the habit of putting things off for later, whether it is about exercising or submitting our assignments on time. We may find it difficult at times to keep up with the motivational consistency. If you can relate, you may be a bit of a procrastinator.

The term procrastination is often explained as a feeling which derives from the lack of willpower or laziness to do something. As common as this explanation is, it is actually incorrect, as revealed by experts. The neuroscience behind this phenomenon reveals its actual nature. Scientists have studied that when we procrastinate, it is not just about the lack of willpower but the struggle between two sections of our brain which are –the prefrontal cortex and the amygdala. Let me explain what exactly these two parts are. The amygdala is a collection of cells near the base of the brain. There are two, one in each hemisphere or side of the brain. It is where emotions are given meaning, remembered, and attached to associations which results in emotional memories.

It is a part of the brain's limbic system so it keeps a check on the behaviours we need to survive while keeping a toll on our emotional responses. The prefrontal cortex, on the other hand, helps to execute functions, or abilities of self-regulation. Expression of our personality, decision making, focusing attention, setting up plans or goals, all that is the work of the prefrontal cortex. When we are procrastinating, there's an ongoing conflict between our amygdala (emotional side) and prefrontal cortex. It happens when a person comes across something which is unappealing or boring to them, it may even be frustrating for them which makes them think it will end up having a poor result. Hence, they avoid doing it.

This emotional response is rooted in the limbic system (as mentioned above) which decides that the task is unappealing and motivates us emotionally to avoid it. This avoidance response is all about activating flight response to threats. On the other hand, the prefrontal cortex is trying to get us to ignore these negative emotions or feelings and push ourselves ahead with the task even it is unpleasant, making us think that the reward which we would get in the end would be worth it.

The reason why it is so difficult to get over this procrastinating feeling is because there are many actions taking place in the brain which stops the prefrontal cortex to take over the emotional reactions and help us overcome it. Due to this emotional pressure and conflict, procrastination occurs. The only part we can play is let our prefrontal cortex conquer our emotional responses is by practicing mindfulness. Mindfulness helps procrastinators as it is all about focus and attention, it will help our brains to be more capable of overpowering the limbic system and get more things done on time.





All of us periodically set up goals or challenges; but often in the end fail to achieve them. We end up telling ourselves that we are not yet ready and postpone it to next week, next month or next year. We might even follow our goal with zeal at the start, but once we show or put a little effort we start telling ourselves that we've done enough and it's time to take this 'starting a new life' more slowly. Why does this happen everytime? We the gen Z always want to achieve too much too fast which in turn burdens us with a large amount of responsibility.

KAIZEN - OR THE ONE MINUTE PRINCIPLE

In the Japanese culture there exists the practice of Kaizen or the one minute principle for self improvement. This technique was invented in Japan by Masaaki Imai. The word Kaizen itself contains two roots - 'kai' (change) and 'zen' (wisdom). At the heart of this method is the idea that the person should practice doing something for a single minute everyday at the same time. The task could be anything like reading a book or doing push ups.

By practicing this, the task which you considered to be unpleasant will instead bring joy and satisfaction. At first, this practice might not suit everyone. It might also be ineffective for people who have grown up in western culture whose main emphasis is on the idea that results can be achieved by undertaking immense amount of effort, but such a huge amount of hard work usually makes a person exhausted, leaving no tangible results.

It is important to overcome that lack of confidence we might have in our own abilities as well as to free ourself from the feelings of guilt and helplessness. We need to experience a sense of victory and success to move forward and when we are inspired by such feelings, we will gradually begin to increase the amount of time we spend doing the task which we have set for ourselves- maybe just for five minutes in the beginning, then to half an hour or even longer than that. In this way the one minute principle let us see the progress we are making right before our eyes. All we have to do is understand what we want to achieve and we are already set to go!

A JAPANESE TECHNIQUE FOR OVERCOMING LAZINESS!

WRITTEN BY - TISTA BANERJEE
ILLUSTRATIONS BY - ROSHMIJA BISWAS

PROCRASTINATION AND PERFECTIONISM

WRITTEN BY - RUPAL SORKHEL
EDITED BY - ATRI DAS
ILLUSTRATION BY - AMOCHA PATHAK

I would call myself a master at the art of procrastination because of the number of times I have delayed my activities till the very last moment. For example, I put off writing this article till the very last minute because I kept thinking how to make it different from the hundreds of others out there? I would describe that 'nick-of-the-time' feeling as an extremely anxiety-provoking yet thrilling one. But why do I push things further and further away? Procrastination can hold us back from completing work on time or lead to abandoning the work altogether. Some individuals have a need to make their work precise, informative and in a word 'perfect' and in the process they end up making a complete mess of their time management skills.

The expression "Do it right or don't do it at all" is taken too seriously by perfectionists. Perfectionism as an overachieving lifestyle, although praised in society, has looming negative consequences like performance anxiety and procrastination. Perfectionism not only makes us set high standards but also makes the task unattainable.

The expectation of a great performance may become threatening and overwhelming making us do other things which are more enjoyable or mundane instead of working on the impending task at hand.

Perfectionists fantasize about completing a task impeccably and in the process avoid that unattainable perfection. When such people have a job in hand they realise that doing it with perfection will require a lot of time which they don't have right then because of other tasks or some kind of distraction so they keep delaying it until it's too late. It's a vicious circle involving a lot of anxiety. The constant strive for perfection only makes individuals waste time instead of focusing on completing tasks.

In order to come out of this loop it is extremely important to realise that the idea of perfectionism is subjective and not universal. In reality perfectionism is unachievable so it is not necessary to avoid a task till the very last second. Baby steps may be helpful in the long haul since breaking larger goals into smaller ones are more manageable. Assigning due dates for task completion and rewarding yourself afterwards could also be beneficial. Lower the bar, be mindful, start with simple tasks and set realistic expectations too keep procrastination at bay.

A perfectionist realises the amount of physical and mental energy that needs to be invested to complete a task perfectly hence they avoid starting the process. Sometimes they do begin working on a task but quit or stall because they get drained from all the effort of making the end-product perfect. Since they cannot undertake the energy needed to put into the task they tend to stop instead of risking the outcome not ending the way they want it to.



IS PROCRASTINATION ALWAYS A VICE?

Raise your hands really high if you can relate too. Makes one wonder, is procrastination always bad or is there a positive connotation as well? Research by Angela Hsin Chun Chu and Jin Nam Choi brings to light that not all procrastination has negative outcomes and that delays spent in constructive planning can ultimately lead to positive results. They thus came up with two types of procrastinators: passive procrastinators are those who unintentionally delay tasks due to a lack of ability to make decisions and act on them quickly; active procrastinators, on the other hand, intentionally delay task as, according to them, they perform better under pressure.

WRITTEN BY - PAROMITA RAY
EDITED BY - ATRI DAS
ILLUSTRATION BY - NIVEDITA TRIPATHI

They are in control of their time and do not worry much about missing deadlines. They feel challenged and motivated which immunizes them against feelings of self-doubt, pessimism and the like, commonly found among passive procrastinators. Active procrastination can often bring benefits to the person as it ensures greater flexibility in working than in case of non-procrastinators or procrastinators.

Active procrastinators do not follow a strict schedule, which gives them the freedom to deal better with challenges that come their way. Studies reveal that active procrastinators resemble non-procrastinators to a greater extent in terms of use and control of time, self-efficacy belief, coping styles and outcomes.

In the words of Choi and Chu, 'If something unexpected comes up, (active procrastinators) will switch gears and engage in new tasks that they perceive as more urgent'.

Psychologist Adam Grant, through various studies, drew a link between active procrastination and creativity. In his words, 'Procrastination gives you time to consider divergent ideas, to think in non-linear ways, to make unexpected leaps'. According to him, moderate levels of procrastination lead to greater originality than getting started on one's work right away. It results in preoccupation with the task itself, thereby buying greater time for innovating. There is thus (as evident from the graphical representation below) a 'sweet spot' somewhere between pre-procrastinators and passive procrastinators where the originals lie.

Grant, along with his former student Jihae Shin, conducted an experiment asking participants to generate new business ideas. While some were assigned the task right away, others were initially engaged in playing Minesweeper or Solitaire. Results showed that procrastinators came up with 28% more creative ideas. He summarized his ideas by saying that procrastination is a 'vice' when it comes to productivity but may act as a 'virtue' when it comes to creativity. Several studies have also linked creativity with the boredom which comes from procrastination claiming that by letting our minds wander, we generate better ideas.

Fun fact, did you know that among many other personalities, world-famous Leonardo Da Vinci was known for procrastinating and daydreaming? It might be hard to believe that it took him 16 years to complete his most acclaimed work, Mona Lisa. He therefore serves as an example of how procrastination can be used to one's benefit.

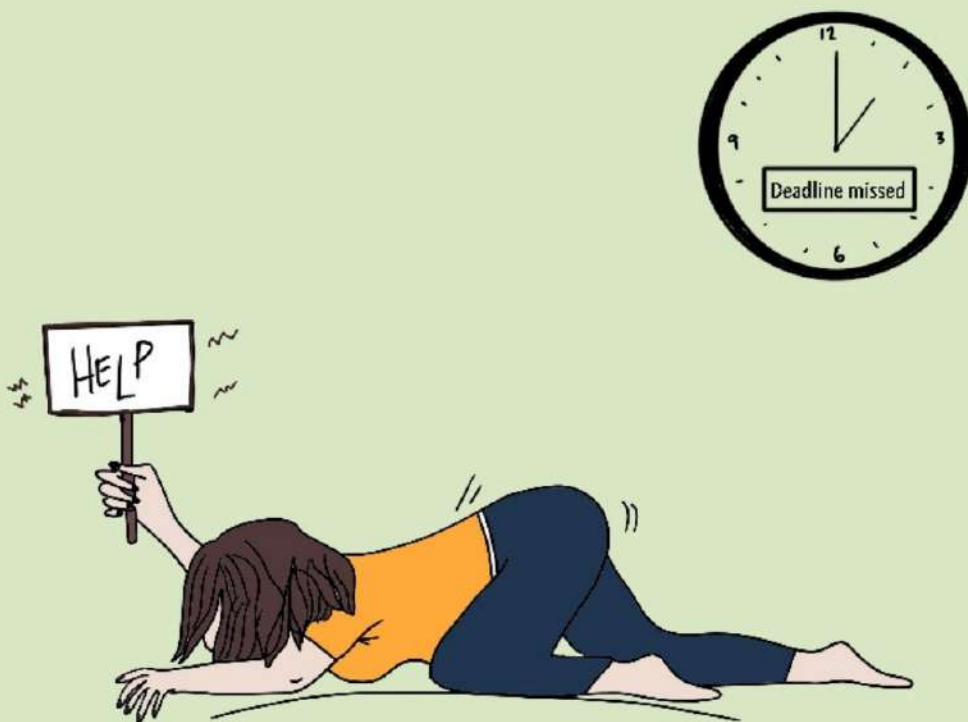
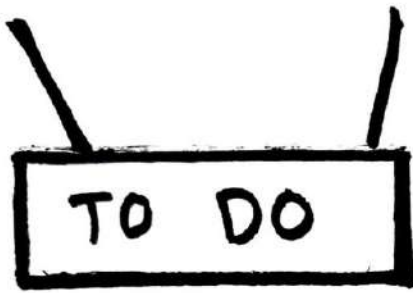


ILLUSTRATION BY - MEGHA HAIT



POST PROCRASTINATION

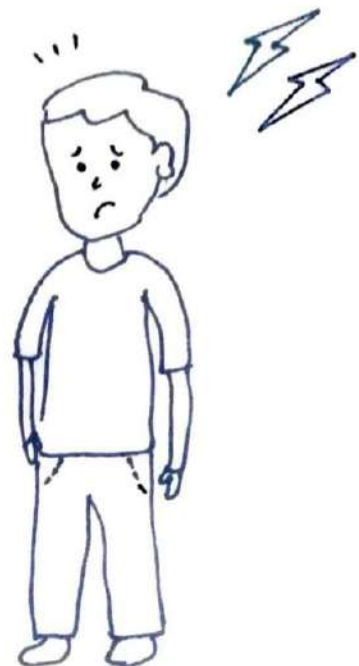


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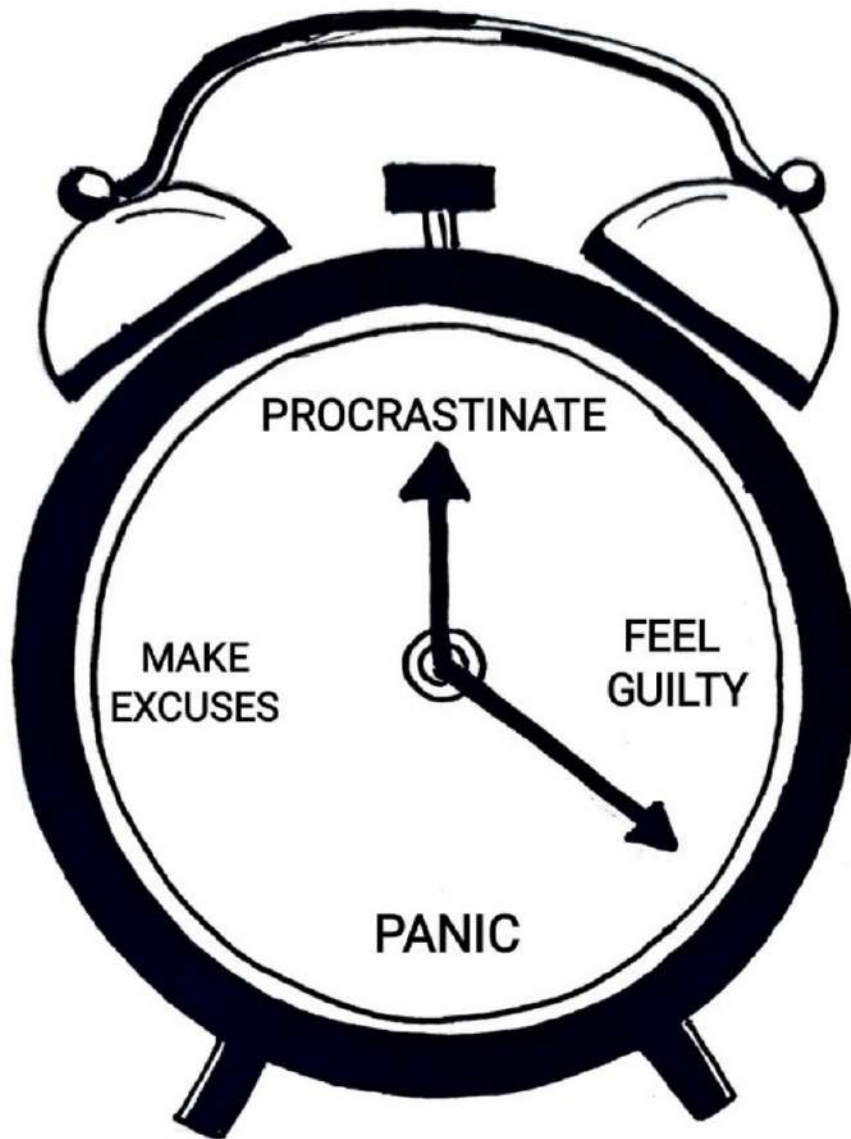
ILLUSTRATED BY - ASHMITA DEY



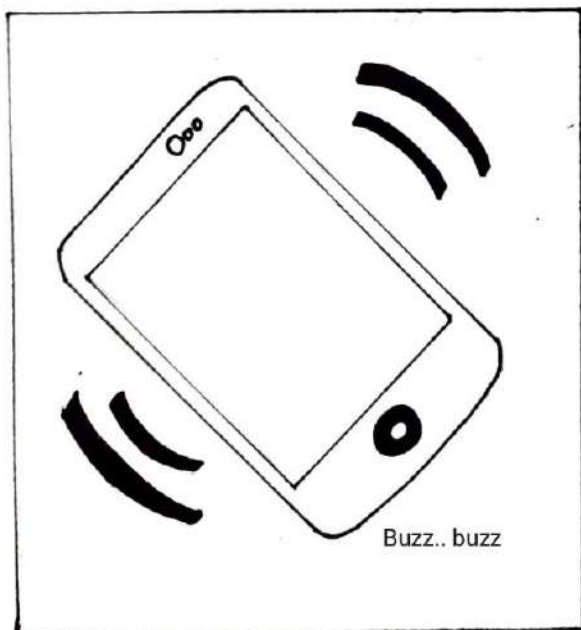
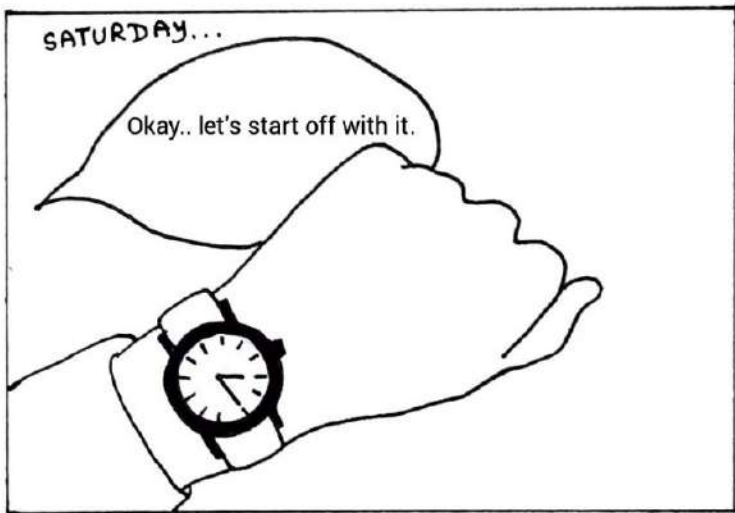
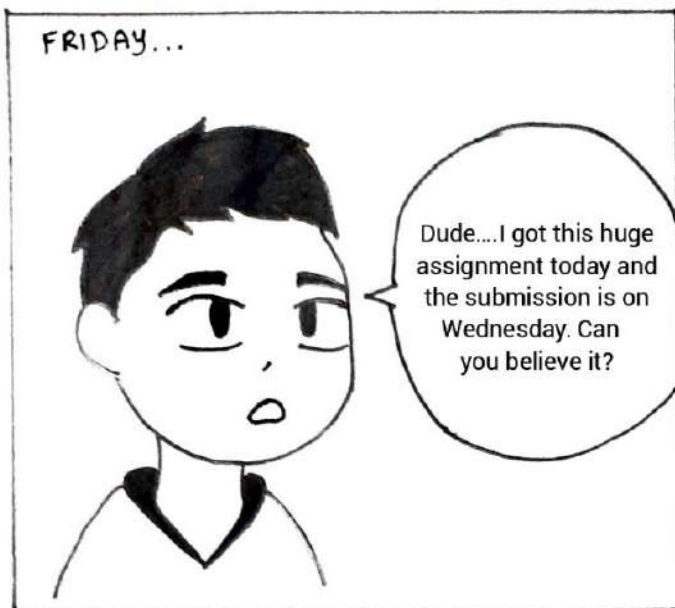
DEADLINE!

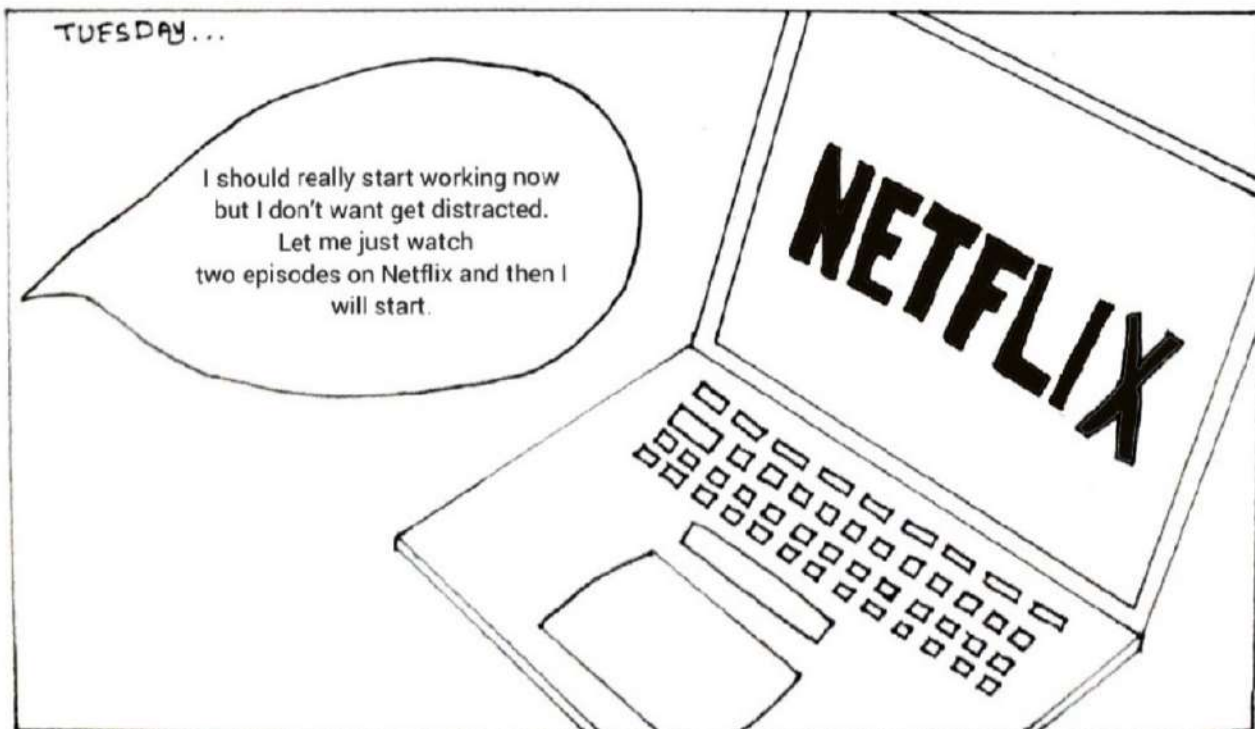
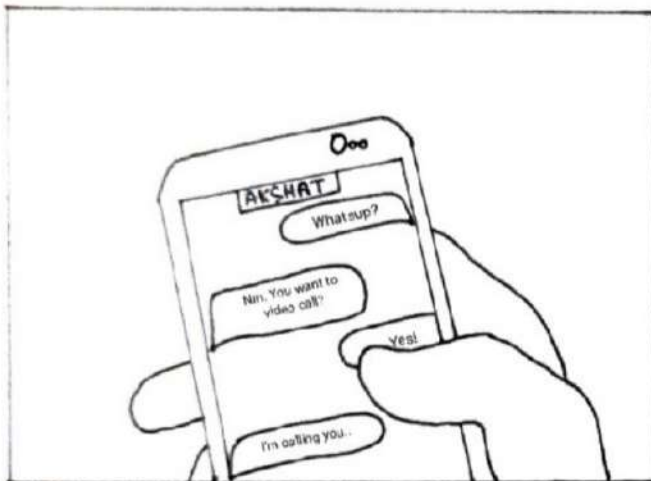


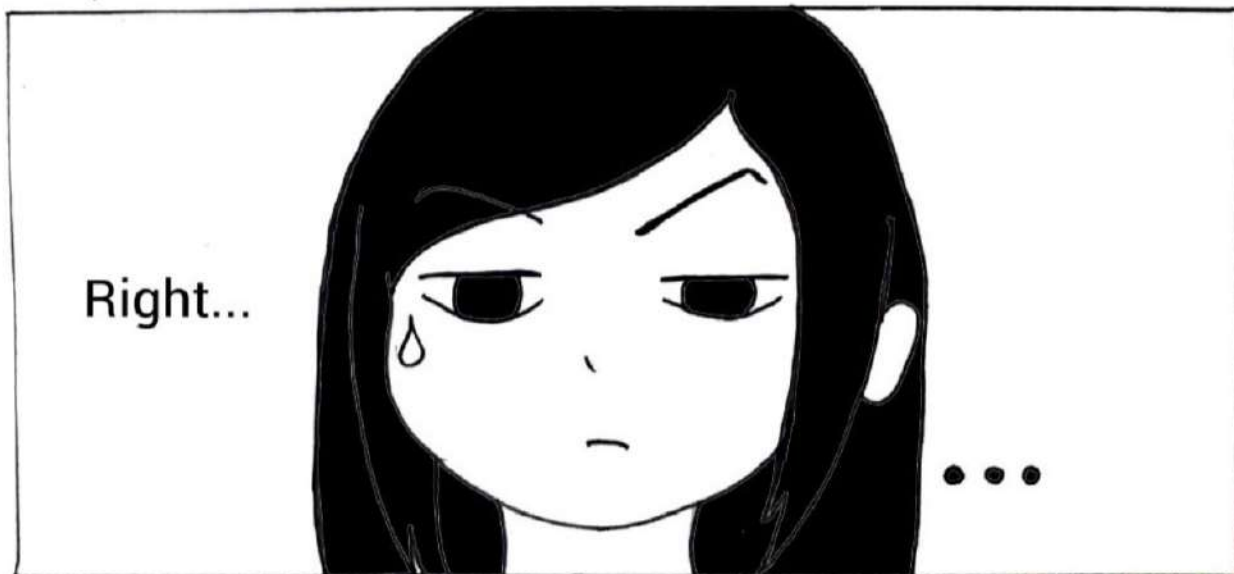
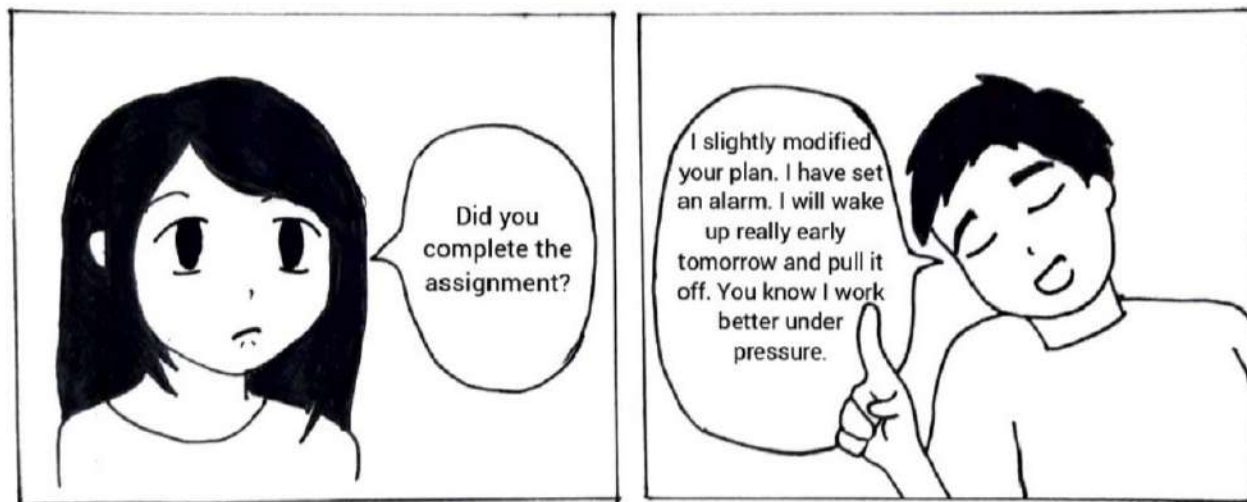
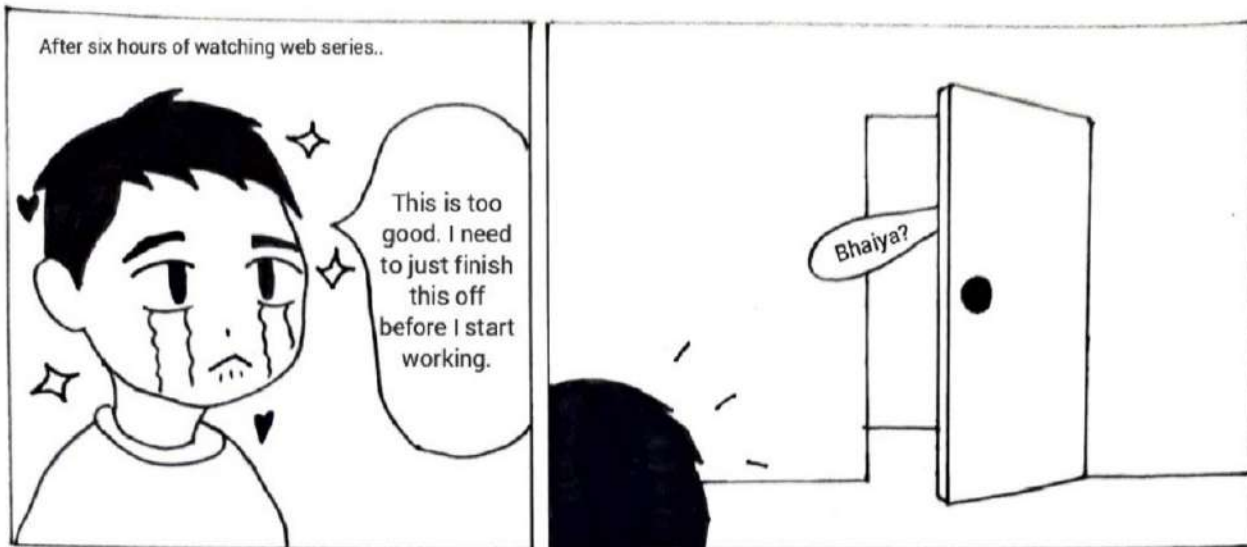
ILLUSTRATED BY - TERESA RASAILY



A CYCLE.







FUN CORNER

JUMBLLED WORDS!

adkmgowenlcent

acknowledgement

etpnemxeis

Experiments

ysologgstihc

Psychologist

inmd

Mind

ahioebrv

Behaviour

vatimontoi

Motivation

JUMBLLED SENTENCES!

**emerged/an/psychology
/as/subject/independent.**

Psychology emerged
as an independent subject.

**defined/mind/psycholog
y/is/science/as/of/the
/the**

Psychology is defined
as the science of the mind..

**social/considered/scienc
e/psychology/may/a/be**

Psychology may be
considered a social science..

**wrong/the/illusion/word
/be/perception/may/des
cribed/as.**

Perception may be
described as the word
illusion.



POSTMODERN
PAINTING Style
ultimately quality in
of self-worth over

IMAGE SOURCE - GOOGLE IMAGES

WAKE UP SID!

22

Wake up Sid was the directorial debut of Ayan Mukherjee in 2009. In the movie, Sid Mehra played by Ranbir Kapoor is someone for whom life's definition is being casual and doesn't even know what seriousness means. Failing college, chilling with friends and expecting his parents to be cool with his decisions are his expectations. He procrastinates most of his time and his attitude speaks, "abhi toh time hain kar lenge" (there is still time left, will get it done) and what's where most of us relate to him but the pressure of adult life comes and it comes like a huge blow and often, we regress.

When Sid's dad asks him to leave the house that's when he understands what the reality is all about, that's when he finds himself and his passion for photography. Procrastinating now and then is not that harmful but if while enjoying we completely forget our purpose then that becomes an issue.

The transition from irresponsible Sid to a responsible guy was beautifully portrayed. He wasn't a different person but an evolved one. The whole process of feeling the need of doing nothing to the feeling of doing something is what we all are searching for.

It must not be a skill or something we could brag about cause like when Sid thought about photography as a potential career not many were pleased but he still did it so if anything makes you happy, do it.

BY - MAHIMA DAS

PROCRASTINATION

23

By Ifra Nadim

What's it called?

When you avoid a task that has a deadline, When you develop a habit to delay and still be fine, When you consciously hold up work despite of the negative sign.

What's it called?

When you put off a salient task, When it results in depression, leaving you aghast. When it questions your productivity, When it leaves you with feelings of inadequacy. Guilty emotions are also not left behind, Struggling with a choky throat and a stormy mind, You dwindle back and forth, While it feeds on your indispensable growth. Well, it may also have a positive effect, When it assists you to prevent a negative event.

It's called PROCRASTINATION

!Representing grievous distraction , Not overlooking the trait of indecision. When you carry forward on to 'morrow', Although struck with fear and 'sorrow'. When you try to enjoy other activities with hesitation, When you come up with bizarre justification.

Awareness and realistic goals can fuel your motivation,

Petite aims of everyday life can help to stimulate your dedication.

What's due tomorrow, do it today!

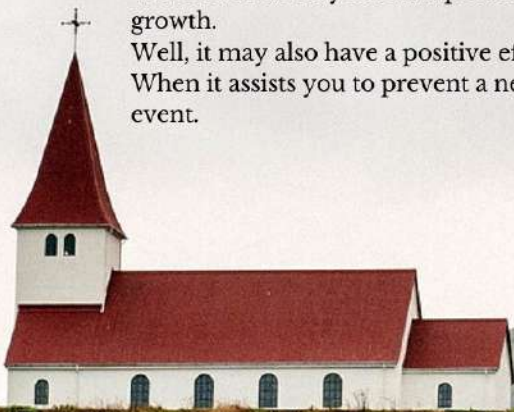
Accomplishing that, it'll clear off your way

With a pinch of propulsion, And time management conjunction,

With an intense will power, you can reach your destination.

It'll help you to straighten up your spine

„Adding weightage to the proverb: "A stitch in time saves nine"



WORDS FROM OUR TEAM



As bloggers, it is our duty to make people know that they are not alone in feeling or experiencing whatever they are facing and EmoJar allows us to do just that. It has helped us make a bigger impact than the one we could have made on our own.

The E-magazine is just another step towards that same goal. With all of its relatable content and helpful tips, it promises to be a 'book's worth reading and a treat for the eyes and the mind.

So brace yourself for this adventure and we hope that you have as much fun reading it as we had writing it !!

- Blogging team

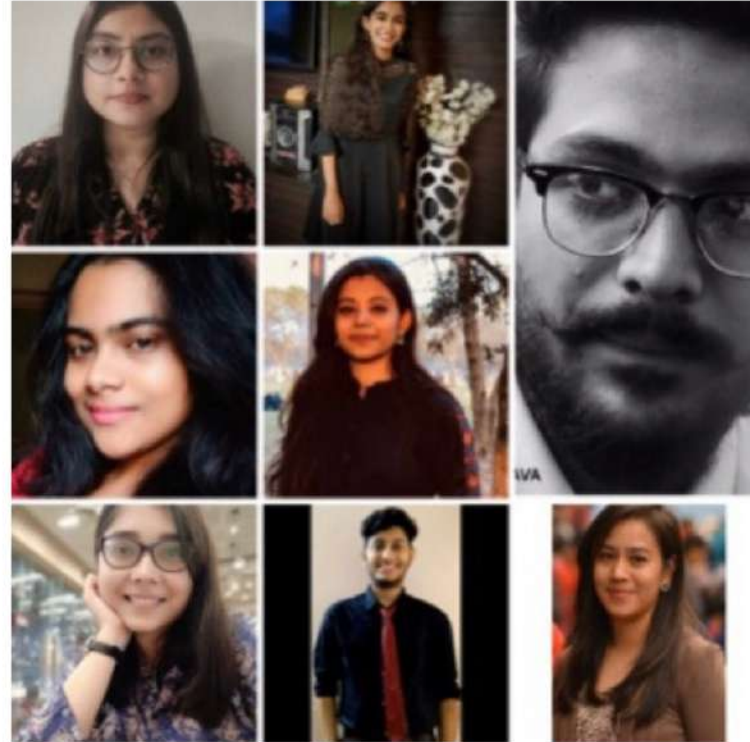
We at EmoJar aim to bring to you a wide range of enlightening and creative content about mental health that is both relatable and informative.

This E-magazine is a small step towards reaching people with various mental health facts and breaking the stigma. And lastly, let's break the chain of stereotyping and normalise mental health problems.

Stay tuned for some impressive articles and trivia coming your way!

- Research Assistants

WORDS FROM OUR TEAM



EmoJar, is one of the very few social media awareness website/organisation working effortlessly towards improving mental health by its various services like counseling sessions, E-magazines, psychology related information and daily dose of positivity.

We, the social media interns at EmoJar try to identify, conceptualize, design and execute campaigns to boost engagement while educating and informing the audience about positivity and mental health.

We feel lucky to be a part of this constructive organisation.

- Social Media Team

The pen is mightier than the sword, and at Emojar, we wield our paintbrushes and styluses to create visual images that illustrate concepts of mental health and Psychology.

Working at Emotion Jar has not only allowed us to harness our skills but also made our work fun and something that we look forward to. We can unleash our emotions and present them in various dimensions to the people all over.

- creative team

Our Team

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**Social media manager
and Chief co Editor** - TISTA BANNERJEE

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COURSE OVERVIEW

Day 1

Overview of color therapy

Lights and Colors: the scientific basis

Properties of Colors: Complete list of physical and
psychological properties of all colors

Introducing colors to clients: Color Wheel

Health and Colors: identification, association and treatment
using colors overview

Day 2

Techniques for counselling session:

Color pyramid technique

Color your Life activity

Make your own Color Cards and teach your clients
to make theirs
Chakra Healing

*Register
on the link!*

Contact : 9874826177 | 9875571412 to RSVP.



COLOR THERAPY CERTIFICATION

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