

Distractions are always at arm's reach – especially with our phones. We've all been through the grueling process of starting a task and immediately turning to our phones. Notifications grab our attention, and we can't seem to ignore them. No matter where you are, there are always distractions around you, which inevitably make it easy to procrastinate on harder, more important tasks. Many people fight the endless struggle of procrastination. Procrastination has links to your mental health. Studies show that the correlation to mental health and procrastination

Procrastination leads to short-term satisfaction. Procrastination is the act of putting off a task, and the cause of such is not always laziness. Procrastination can also be called self-delay.

Procrastination has negative consequences, yet people still do it. But why? A New York Times article called [NY Times Why You Procrastinate](#) stated, "According to Dr. Fuschia Sirois, professor of psychology at the University of Sheffield, people engage in this irrational cycle of chronic procrastination because of an inability to manage negative moods around a task." Procrastination is not a flaw someone is born with, but it tends to be inflamed by the environment they are located in. The job itself may be unpleasant, causing people to try to find aversions to it. However, this only builds up negative feelings such as anxiety and stress. Chronic procrastination does not only influence productivity but also impacts mental and physical health; that is the long-term issue that is to be worried about.

No matter the situation, distractions will always be present in everyday life; one prominent device within this discussion is the phone. Its many applications, such as games, social media, and the news, can be preferred over the necessary work needed to be done. Working takes energy and effort, while social media takes two taps and a bit of swiping. The problem occurs when someone's realized that they just wasted two hours of their day swiping away. However, this doesn't mean phones only have adverse outcomes. Mobile devices are objects that we desire for pleasure, entertainment, and to recover mental resources. How someone manages their phone usage is based on themselves, whether they use it to restore their mind or overuse it as it starts to become something that pulls them down.

Procrastination is a habit people build off of; once a pattern is created, it's hard to break. Controlling procrastination requires discipline: Iris Wang, a freshman studying for her English major at Occidental College, stated, "I procrastinate very often unless I discipline myself." With screen time playing an essential role in procrastination, there may be a need to incorporate ad blockers or phone-hiding techniques. Kelly Hoang, Iris' roommate who's currently preparing for pre-law, stated, "I have [dealt with procrastination] by putting timers on my apps, putting app blockers so I'd have to take extra steps to look at the apps, or even hide my phone." They have expressed how atrocious they felt after wasting away their time with social media. For reference, a movie generally takes an hour and thirty minutes to two hours; the amount of things a person

can do in an hour is underappreciated. When a person has realized how much work they could've done, and all they've done is lying down and scrolling through reels, it can be quite a disturbing reality check. This makes it seem like social media and our electronic devices are the principal cause of procrastination; however, this couldn't be more wrong. Why people procrastinate is largely on them. They choose to procrastinate, knowing it's unhealthy, while being persuaded by the chance of running away from the task at hand. Procrastination only intensifies the stress and anxiety of completing a task, but this sinking feeling of guilt can be nullified by taking measures to help manage screen time, whether it's social media or playing video games. With the help of self-control and discipline, practically anyone can conquer procrastination.

[NYTimes - Why You Procrastinate](#)