

ABC Riverland SA (Renmark)
Morning Show - 30/08/2006 - 09:42 AM
Bronwyn Flemming

Procrastination is a common thing with people for those things that appear to be too big or that the individual does not want to assess. Procrastination is a fear not just a case of not being bothered. Some have a high level of standard and keep raising the bar, resulting in one not getting started. The findings have found that individuals must be motivated first but instead it is better to start with something small. Writers block is a case, and if they just get started things will fall into place. It is also a case of starting on just one small part of a large project, such as house cleaning. A case of a recent incident found that a woman wanting to clean up a room was a huge problem. The team suggested that she start by doing three minutes on the problem, once she started she completed the task which she had put off for three years. The internet is one of the best forms of procrastination because several just go and check emails, resulting in the original task not being started. There has been a lot of work conducted with rural GP's and it has been found that they are under a lot of pressure resulting in them leaving a region.

Interviewees: **Hugh Kearns Head of Staff Development Flinders University ; Maria Gardiner Clinical Psychologist Flinders University**