"A stitch in time saves nine"
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Postponing the process of solving small problems is habitual. It is human nature—procrastination. We humans are wired to focus on the necessities in the present, not the future. The simplest tasks like washing the dishes are put away for our future selves to do. Though, why and just how much are we burdening our future selves with it?

The word "procrastination" is derived from the Latin verb *procrastinare* meaning to put off until tomorrow, furthermore, it is from the Ancient Greek word *akrasia*, to do something against your better judgment. Everyone wants to feel at ease, and the momentary peace experienced continues the cycle of procrastination as we think "This is a problem for future me to handle," prioritizing our current needs rather than our upcoming ones. Students often postpone their tasks, opting for immediate relaxation by doom-scrolling on social media or watching movies.

This could be due to the struggle of regulating negative emotions around tasks caused by lack of interest, self-doubt, annoyance, and more.

Additionally, repetitive procrastination significantly impacts our mental and physical health. This cycle causes low self-esteem, self-doubt, insufficient satisfaction with life and a feeling of dread, all of which contribute to chronic depression or anxiety.

The sudden panic felt from last-minute actions can deteriorate your mentality with the belief of failure as you need to complete so much in such little time; burdening yourself with regret for not completing it sooner. These negative and intense emotions would swallow you whole; reducing your progress time as you focus more on the current problem—your stress.

To overcome this harmful cycle, we must restructure our mindset, practicing self-awareness and asking ourselves whether it is more rewarding to complete all duties in the present rather than the future. Hence, creating a routine or habit of starting and finishing your task as soon as possible eliminates the possibility of stacking assignment upon assignment further along the future.

By accomplishing small tasks when presented, we prevent more damaging challenges from enlarging, creating a smoother life for our future. Mending an issue in current time, averts nine more from forming.