
June 15, 2023

I’ll be honest: When I’m facing a difficult work task that requires real focus and deep concentration, you’ll find me scrolling through Instagram, reading a random article, checking my emails, and making another cup of coffee. By the time I’ve completed these time-sucking rituals, there’s no time left to do my actual work. A panicked feeling ensues, and yet, the whole cycle repeats over again. Welcome to procrastination.

Typically, procrastination is viewed negatively. It’s understandable: research shows procrastination can be associated with mental health problems, physical pain, and reduced movement. Sure, all of us do it sometimes, but an extreme version of this delay can lead to feelings of guilt, stress, and overwhelm—and hold us back from reaching our goals.

But could procrastination actually have a silver lining? In a world focused on productivity and getting things done, could it offer space for rest or inspiration? Some experts say yes.

…