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HEALTH & WELLNESS



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**January 17th 2019: Why Wait? Overcoming Procrastination!**

We all procrastinate at one time or another. Who among us hasn't gone to the movies when we should be working on our taxes? But when it becomes a chronic way of life, it can actually lead serious disappointments and unhealthy patterns in our lives. Chronic procrastination can affect your physical health, your relationships, and your mental/emotional life including areas of self-discipline, persistence, self-esteem, and personal responsibility. Listen in as Sandra and regular guest, Melissa Hindley, have a frank conversation about procrastination. Falling prey to these cognitive distortions

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### Featured Guest



#### Melissa Hindley

Melissa Hindley is a Registered Clinical Counsellor (c.o) with the l'ordre des conseillers et conseillères d'orientation du Quebec and The Canadian Counselling and Psychotherapy Association.

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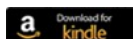
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