

# Overcommitment



# What Is Overcommitment?



A pattern of attitudes, behaviors, and emotions characteristic of a person who works harder than what is demanded for a given task.

### **Perfectionism**

- Demanding extremely high or flawless levels of performance in oneself
- Associated with depression, anxiety, eating disorders, and other mental health struggles

### **Burnout**

- Physical, emotional, or mental exhaustion
- Connected with extreme high levels of stress and tension for a prolonged period
- Often results in lowered performance and decreased motivation

- Those who are overcommitted are more likely to have psychological and physical complaints
- Overcommitment makes it hard to for people to give their full attention to any of their commitments

# **How to Avoid Overcommitment**

# Know your schedule



- Take time to fill out a schedule (paper or electronic)
- Include weekly commitments e.g. classes, appointments, work, and studying time
- Be sure to include time for self-care and sleep
- Note how much free time you have



# List and Prioritize Your Extracurricular Activities

- What is most important to you?
- Do you have time to add new activities?
- What could be cut out or cut back to make room for new activities?



# Try to minimize last minute commitments



- Can be tempting if there are “blank” slots in your calendar
- Remember that your time is important



## How to say "No"

- No (it's a full sentence)
- I'm sorry but I've got work to do
- I wish I could but my social meter is low

## Resources

- Academic Support Center
- SHAC
- OHP
- Google calendar

## Sources

Burnout. (n.d.). <https://dictionary.apa.org/burnout>

Perfectionism. (n.d.). <https://dictionary.apa.org/perfectionism>

Williams-Nickelson, C. (n.d.). Avoiding overcommitment. American Psychological Association. <https://www.apa.org/gradpsych/2005/11/matters>

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