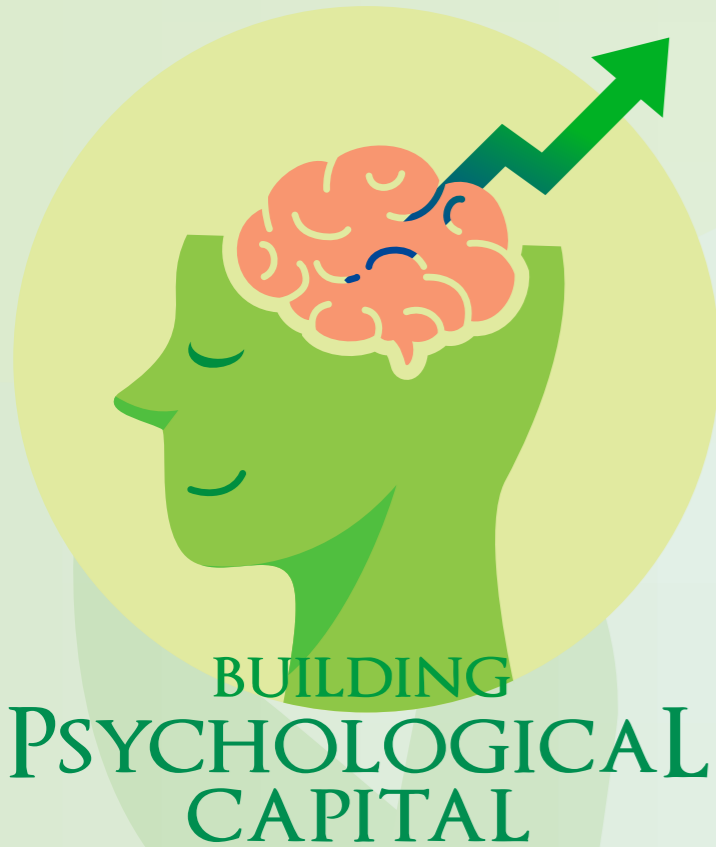




**WORLD
MENTAL
HEALTH
DAY 2020**
Mental Health for All
Greater Investment - Greater Access



DILIGENCE

#WorldMentalHealthDay
#MentalHealthForAll



آغا خان یونیورسٹی

THE AGA KHAN UNIVERSITY

Responsible. Organized. Hard-working. Goal-directed. Determined. Reliable. Do these terms remind you of an accomplished professional? These are all words that define diligence.

Diligence is the ability to work carefully and persistently on tasks that are tedious at the moment, but beneficial in the long run.

Diligence or conscientiousness, as psychologists would call it, is the personality trait most strongly associated with work performance and success as well as with health, wellbeing and longevity.

It involves a personal goal-directed control over impulses that demand immediate fulfilment, such as the urge to indulge in more enjoyable, less effortful distractions.

Carried over a period of months and years, it translates into grit, which is defined as perseverance and passion for long-term and especially challenging goals.

Diligent people set long-term goals with timelines, deliberate over choices, pay attention to details, behave cautiously and take obligations to others seriously.

They tend to believe in themselves and have a great deal of ambition to see things through to the end.

IS THE MORE, THE BETTER?

Diligence is an almost sure key to success. However, carried to the extreme, it may have its disadvantages as well.

Using diligence to compensate for other felt inadequacies such as fear of failure or a high need for approval may lead to perfectionism, rigidity, lack of spontaneity and workaholic tendency.

While overusing diligence may have its downside, people who don't work to develop it fare much worse in the long run.

People who are low in diligence prioritize fun over work, get distracted easily, make more mistakes, lose interest after initial failed attempts and are unable to follow schedules.

It is no wonder then, that they are unable to achieve much in life and are also more likely to be in trouble with law.

The best approach would be to find an optimal level of diligence that helps achieve your long term goals but does not drain fun and enjoyment out of your life.

FOSTERING DILIGENCE:

Do a Reality Check:

Check your current way of approaching work. Do you finish work before switching to entertainment? Do you prolong breaks? How easy it is for you to clear your mind and focus on the task? Do you plan ahead, with specific goals and timelines? Are you frequently late for appointments? Do you often find careless mistakes in your work? See what are your strong areas and where can you improve. If you get too concerned, discuss with someone who you think can help.

Work on Specifics:

Having a vague idea that you need to improve is not going to be very useful. Breaking down your issues into specific areas e.g. organizing your work material, keeping phone off or on silent during study, allocating realistic blocks of time for work, setting reminders, rechecking work, etc. may give you greater chance of success.

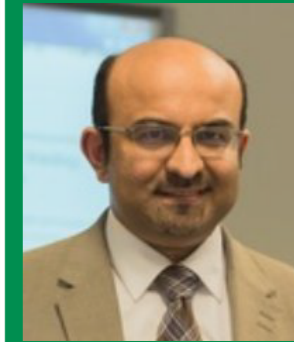
Be firm, but flexible:

Once you make a plan for improvement, try to follow it through. However, remain open to improve your strategy if something does not work. Sometimes, the problem is setting unrealistic goals by not taking into account personal factors, such as attention span or sleep-wake cycle. When you feel stuck, don't stop trying - find another way.

Sort out the essentials:

Do not try to get involved in everything. Set priorities and plan your day around the essentials, keeping the rest for breaks or after you have finished your tasks. Deal assertively with unreasonable requests during work. Do not multitask during important undertakings. Rather, combine activities that are not goal oriented. You can do your laundry and enjoy your favourite music, or chat with your friend in between.

Mental Health Day Thoughts



“The state of mental health of the members of a society is a significant barometer of its quality of life. In many parts of the world, this

indicator is showing a downward trend. The situation demands that we must look for both individual and socioeconomic causes to understand and address the challenge, something we do at the Aga Khan University. This is a big task and I extend best wishes to each and everyone involved in this endeavour to mitigate human suffering”

-Dean, Dr. Farid Punjwani

Train your focus:

Be aware of your attention span and things that distract you. Practice meditation and mindfulness to train your focus. Keeping well, having enough sleep and staying hydrated also helps.

Mind your social obligations:

Being on time, fulfilling commitments and submitting quality work shows that you care about other people's needs and results in stronger relationships.

Assess your personal diligence (conscientiousness)

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Counselling Services and Wellness Office
Supported by Office of Student Experience Pakistan
and Aurora (Student Mental Health Group)