

INSIDER

BUSINESS | LIFE | NEWS | REVIEWS

Dr. Faisal Tai on Pushing Through Hard Times

Most people go through periods where they just don't feel like doing anything at all. In fact, that's one reason why so many struggle with procrastination, says Dr. Faisal Tai, board-certified psychiatrist practicing at Psychplus.

On days like these, a quick act of self-care might be just what you need to feel better.

This article was medically reviewed by **Aaron Sternlicht, LMHC, MS, CASAC**, a therapist and addiction specialist, and a founding partner of **Family Addiction Specialist** in New York, NY.

Medically Reviewed 



Snuggling a pet, listening to music, and having a warm drink may help boost your mood when you don't want to do anything. Martin-dm / Getty Images