

OVER COMMITMENT

OC CAN BE DEFINED AS

effort that exceeds formal requirements and is considered to be a dispositional personality trait

POSITIVE OC

can be defined as: giving extra effort, energy, or time to a particular job or project. **Positive OC can lead to lower stress levels.**

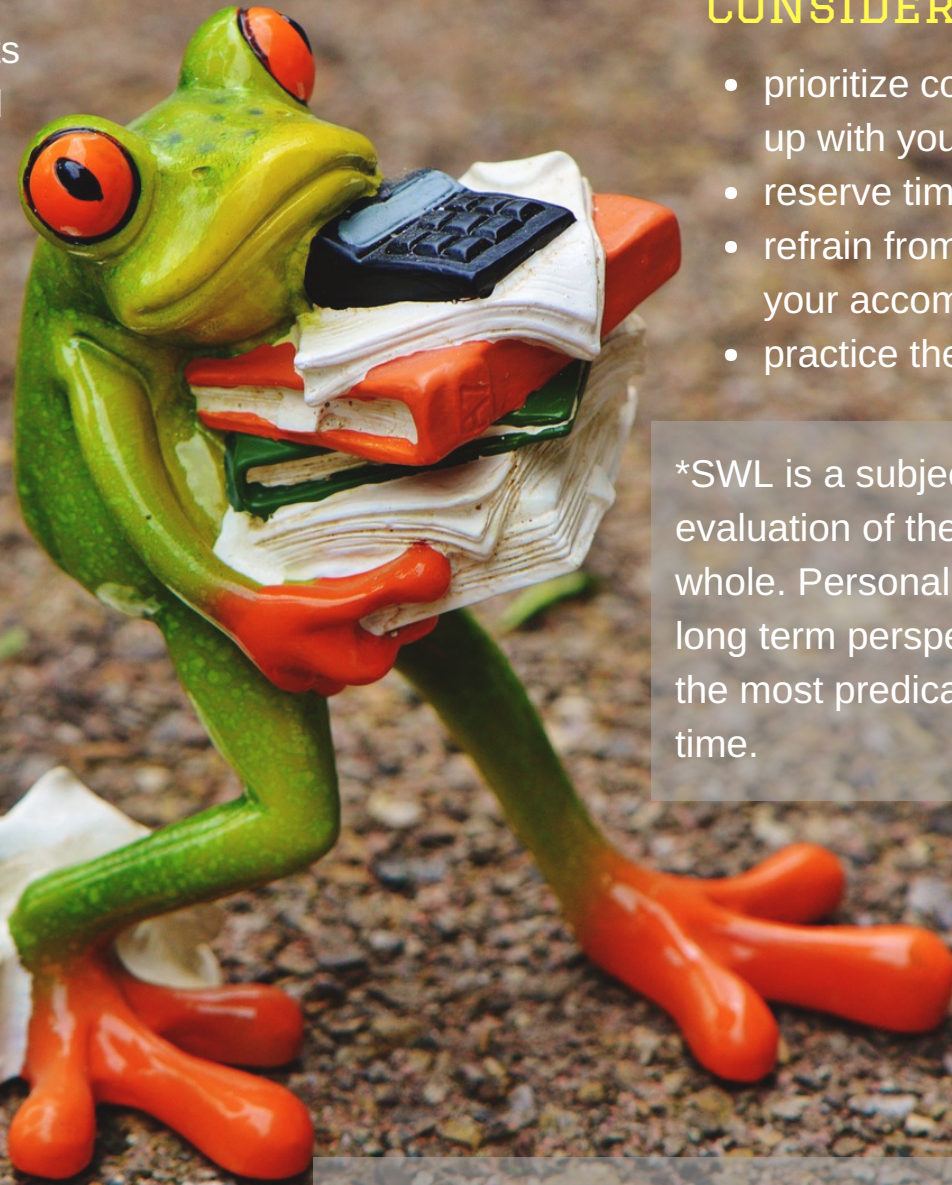
NEGATIVE OC

can be defined as: feeling compelled to engage in every opportunity that arises. **Negative OC can lead to lower satisfaction with life (SWL)***

CONSIDERATIONS:

- prioritize commitments that match up with your values
- reserve time each day just for you
- refrain from comparing yourself and your accomplishments to others
- practice the art of saying no

*SWL is a subjective and cognitive evaluation of the quality of one's life as a whole. Personality, temperament, and the long term perspectives on one's life are the most predicative factors of SWL over time.



**HEALTH
PROMOTION**
CARLETON COLLEGE

***This information is based on academic research conducted in Western campus environments.