

Crucial Steps to Take to Write a Dissertation in a Week

After you've done many extracurricular activities, you've suddenly realized you only have a week left before the deadline for your dissertation. It's not a great feeling but you must definitely do something about it. After all, it's better to submit a rushed project instead of no project at all. It's a good thing all is not lost as it's still possible to submit a high-quality paper with [Ok Dissertations](#) online help. You must avoid thinking negative thoughts and follow these steps:

Make a Big Grocery List

Since you're going to be locked inside your house for a week, you can't afford to waste time. That means you won't be doing yourself a favor if you keep on going out to eat at restaurants. Hence, it would be best to make one trip to the grocery and buy lots of ingredients so you'll cook your own food for a week. Not only will you save a lot of time, you'll also eat healthy food and save a lot of money. Besides, if you always eat outside, you can't tell what ingredients they put into their food to make it tastier.

Deactivate all Social Media Accounts

It's no secret social media can be addicting. When you're logged on to Facebook or Instagram, you'll have a great time looking at your friend's pictures. Therefore, it would be a great idea to erase any temptations from logging on to your social media accounts by deactivating them all. Of course, it would be best to inform all your friends before doing it. Besides, they may think you blocked them. The deactivation won't take long anyway so it won't be long before you'll be free to post again on Twitter.

Make a Plan

For everything to be properly organized, it's important to make a plan of what you need to accomplish each day. After all, it would be difficult if you just dive into doing the paper without a clear plan of what you need to do. Besides, breaking it down into smaller tasks makes it much easier to accomplish. At first, you'll think you might be wasting time with making a plan. In reality, that's not the case as making one gives you more confidence in accomplishing it at the given time. Of course, don't forget to schedule 15-minute breaks throughout the day. Besides, you wouldn't want to be rushed to the hospital because you overstressed yourself.

Have a Proper Diet

It's a common belief that it's best to drink lots of coffee during this stage in order to keep you awake. However, that won't actually work for some people as there's a possibility it will make you have an anxiety attack. It would be better to eat fruits like apples, bananas, strawberries, and blueberries. Also, don't forget to avoid fatty foods such as ice cream, milkshakes, and cheeseburgers as those will only increase the possibility of getting a panic attack. Of course, avoid alcoholic drinks as much as possible as those things do nothing but harmful things to your body's organs. Aside from making you dizzy, they also make you hungry at the wrong time of the day.

Avoid Losing Sleep

Even if you only have a week left before your deadline, that doesn't mean you shouldn't sleep for 7 days straight. You must still sleep at least 7 to 8 hours a day. Of course, it would be better to do it during night time because that's when the library is closed. If you don't sleep enough, you won't have much

energy to do your paper. It's also unhealthy to do that and you're going to eventually suffer the consequences in a few years.

Do Relaxing Things

To minimize the chances of having a panic attack, do relaxing things. Some good examples are practicing yoga and getting a massage. When you practice yoga, not only will relax yourself, you'll also burn a lot of calories. You may need to pay an expensive fee when you practice yoga at a studio but it's worth it. That's a lot better than doing it at home while watching tutorial videos since you're not sure whether what you're doing is right or not. Furthermore, getting a full body massage allows you to sleep soundly when it's over.

Once all these steps are followed, you're going to be less worried about the deadline. There will also be no regrets in whatever score you get. You can't blame yourself if you panicked since it will take a lot of effort to accomplish a long paper in just a week. You just need to think that all things whether it's good or bad will eventually come to an end. When you finally submit your paper, you're highly aware you gave it everything you had and there's no shame in that.