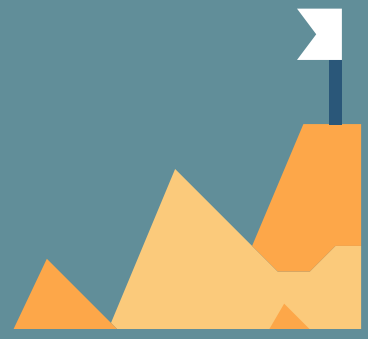


# Weekly Wellbeing Updates

Friday 19 February 2021

## MOTIVATION

### 5 tips for increasing it



As the lockdown drags on, many of us are finding it increasingly difficult to feel motivated to do even the smallest of tasks. For many, we may become demotivated if we feel overwhelmed or understimulated by what we have to do.

#### 1) Stop placing so much pressure on yourself.

If you are feeling overwhelmed, working slower, or not getting as much done at the moment, be more patient with yourself and recognise that we are working in very challenging circumstances.

- Remember that the path to our goals may not always be linear. Think about a child's development - they may go through stages of rapid development, plateaus and regressions before becoming competent in a new skill. Try and be more patient with yourself and know that you are still moving forwards.

#### 2) Start the day with an enjoyable activity and set achievable tasks.

Make the first thing you do in the morning something you can look forward to (or at least not dread!). For example, a nice breakfast, freshly brewed coffee, meditation session, workout, a creative activity, anything!

- Ease yourself into any work you have to do by starting with something 100% achievable. Think about what is realistically within your capability today and take things one step at a time. If your goal is to catch up on several weeks' worth of work in one day, you may find the day ahead too overwhelming and be unsatisfied with what you actually achieve.



#### 3) Connect to mutually motivate

As mentioned last week, working alongside others (physically or virtually) is a very effective way to increase your productivity. It can also be a source of external motivation as it adds accountability.

- It is extremely likely that many of your peers are struggling with motivation too, set up an 'I can't be bothered to work but let's make each other group'!

#### 4) Surround yourself with motivating visuals.

Have pictures of happier times, places, and people you love printed and in your line of sight.

- Try having a folder of affirming statements, positive feedback, and praise to look at when you are struggling.



#### 5) Rewards, rewards, rewards.

Do not underestimate how important rewards are for your motivation. Have a reward planned for a completed task, or just for the end of the day, end of the week, a Tuesday, everything! The more motivation you need, the bigger the reward!

- Make sure that you also still nurture your interests outside of work too.

N.b. If your low motivation is accompanied by other symptoms such as low mood and excessive worry, please ask for help and contact your GP.

Check out:

[MechSoc's Got Talent!](#)

Deadlines for submissions on 05/03/21



Book a wellbeing appointment

Follow us on Instagram... Please!

