

## WELLNESS WEDNESDAY TIPS

### MANAGING DECREASED MOTIVATION

We all have experienced times when our motivation has tanked. We don't want to work on what we "should" be doing. Causes for decreased motivation may be straightforward, such as feeling exhausted by the end of the semester or having agreed to work on a project that you don't really want to do. There are steps you can take to not let decreased motivation derail you and increase your sense of motivation.

Addressing physical health is important.

- Eating regular meals provides glucose to your brain to think clearly. Don't skip meals!
- Regular sleep routine helps your energy level.

If past experiences have included excessive criticism, yelling, or undo pressure to perform, those experiences can be incorporated into one's self-communication. These self-critical and castigating thoughts are counterproductive and decrease motivation, rather than enhance it.

- Try to become aware of your self-talk and replace negative, critical thoughts.
- Practice replacing these thoughts with supportive comments you would make to a friend.
- Give yourself credit for small things you do – don't discount them.

Feeling overwhelmed can contribute to decreased motivation. Having too many decisions to make (even small ones) or too many tasks to complete is exhausting. You can free up space in your brain by:

- Making a written (or in an app) list of activities and commitments and create a schedule. This will provide visual feedback about your plan and your time commitments. The list should include everything: work/school, chores, meals, leisure, social, exercise, breaks, sleep.
- Breaking things down into manageable chunks.

If there are unpleasant tasks to accomplish:

- Visualize what it will look like when it is completed or that portion is completed and what you will feel like.
- Do it earlier in the day. You will have more energy to address the task; it is less likely to be shunted aside by other things that come up and it will be done, rather than going on the list for tomorrow.

Remind yourself why you want to do this project - why it's important.

- What is your goal?

- How does this project, task fit into your goals?

Create an environment that supports your efforts.

- Minimize distractions
- Engage with others, use videos or audios that are energizing and enhance your motivation.

Decreased motivation can be an on-going, chronic problem that is more complex and can interfere with accomplishing your goals. It can also be a sign of other problems, such as depression. Seeking assistance can be helpful in assessing possible contributing factors and how they might be addressed.

Neuro-Linguistic Programming Center. "Lack of Motivation? Here are Seven Causes and Seven Cures." Mike Bundrant

<https://inlpcenter.org/lack-of-motivation-here-are-seven-causes-and-seven-cures/>

Lifhack. "Motivation? 7 Great Ways to Overcome Loss of Motivation." Shawn Lim, 4/22/2020

<https://www.lifhack.org/articles/communication/7-great-ways-how-overcome-loss-motivation.html>

Metal Health Foundation. "What Advice Would You Give to Someone Lacking in Motivation?" November 21, 2016.

<https://www.mentalhealth.org.uk/blog/what-advice-would-you-give-someone-lacking-motivation>

Feel free to contact the MSCC for questions or concerns.

Stay safe and stay healthy!

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