

LOST MOTIVATION?

As we have been engaged in distance learning for the last eight weeks, if your motivation starts to decrease there are lots of strategies you can try to keep things moving in the right direction. The ideas below are straightforward and effective ways to help address dips in motivation that are a natural part of the stress we have all experienced as a result of our school closures. Try a few and let a trusted adult know how they work out for you. Stay safe, stay healthy, and stay in touch!

- Set up rewards: it can be helpful to acknowledge your hard work by building in rewards at regular intervals to have a little something to look forward to while you get work done.
- Find someone to keep you accountable: having an accountability partner (parent, friend, teacher) can help keep you on track to meet your goals.
- Figure out the best time of the day to do work: this will depend on your personal preference, but many students find late morning to early afternoon work well
- Figure out the best location (temperature, lighting, sounds) to get your work done: also personal preference and you get to choose as you are learning at home!
- Set up and write down small/achievable goals: record assignments where you can see them and check them off as they are completed.
- Try to see the big picture: think about how the skills you are learning now (independence, perseverance, grit) will help you with future goals.
- Sleep hygiene: make an effort to get enough rest, about 8-9 hours per night for teenagers.
- Eat nutritious meals and snacks: avoid unhealthy foods to improve energy and overall well-being.
- Exercise/get fresh air: go outside and get whatever physical activity is reasonable for you.
- Putting away distractions. Put your phone or other distractions where you can't easily access them like in a different room or drawer. Turn off notifications if they distract you.
- Take breaks. You can burnout or lose focus quickly if you work too long without a break. Try working for 45 minutes and take 15 minute break or work 25 minutes and take a 5 minute break.
- Create a daily or weekly work schedule. Look at what assignments you need to complete that week or day and organize what you will work on each day.
- Break down assignments into manageable pieces. When tasks seem overwhelming it is helpful to break down larger goals in smaller more manageable tasks.
- Practice positive self-talk/be gentle with yourself. Be mindful of the words you say to yourself. When things get tough it's easy to say, "I can't do this." Try to challenge this negative self-talk.
- Get in touch with teachers. Join office hours, send your teachers emails, continue to check your email and Schoology.
- Practice deep breathing/mindfulness. Practicing meditation help us regulate our emotions and decrease stress and anxiety. There are many apps (Headspace, Calm) or videos you can find on YouTube to help.
- Get creative/ do a hobby/ find time to do things you enjoy. It is important to continue doing things we love to help support our overall wellness and self-care.
- Get in touch with a counselor, mental health staff, teacher if you need extra support with any of these motivation tips. We are here to help and are accessible by email. Counselors and mental health staff are also setting up phone calls and zoom meetings with students.