

CODE Community Support Group – How to tackle Lack of Motivation

“All our dreams can come true, if we have the courage to pursue them”

Let’s re-set and refresh ourselves, carry out this simple task when you need a break. It will help to check for tension in your body and to release it.

Follow these simple steps whilst sitting:

- Relax your facial muscles and allow your jaw to open slightly.
- Let your shoulders drop.
- Let your arms fall to your sides.
- Allow your hands to loosen so there are spaces between your fingers.
- Uncross your legs or ankles.
- Feel your thighs sink into your Chair, letting your legs fall comfortably apart.
- Feel your shins and calves become heavier and your feet grow roots into the floor.
- Now breath in slowly and breathe out slowly.

No matter who you are, you will have moments where you feel like you have no motivation to do anything at all, especially at the minute! It might feel like, what’s the point? But, you must remember that better times are coming and now is the time to take action to improve your future.

Motivation is one of the keys that will **push you into taking action and keep you moving** each day. If you do not have motivation, you will tend to procrastinate on the things that are supposed to get done. Eventually, you will put things off and totally give up on your project or task.

This week we are going to look at ways to tackle lack of motivation and also what to do if this is having a negative effect on your mental health.

7 top tips for tackling lack of motivation

- ✳ **Remember why you want to do it in the first place** – The reasons you do something are the driving force behind everything you do. It is only when your reason is strong and emotional enough that you will do whatever it takes to accomplish the task. So why do you do what you do? Do you know why you want to achieve your goals and your targets? Make sure your reasons are strong and emotional.
- ✳ **Envision the success if you do it (or the failure if you don’t)** – Visualization actually works! (But only if you’re willing to work on it). Your mind cannot differentiate what is real and what is not, your mind can only see it, but cannot tell if it is real. When you imagine the success, you will have pleasure out of actioning something, then you are more likely to act on it.
- ✳ **Create a supportive environment** – Your surroundings and environment can affect your mood. You will become the people you are around. Don’t surround yourself with negative people, focus on finding a positive support group. A group who share your values and overall goals.
- ✳ **Change your physiology and stay in action** – Motion creates emotion. Whenever you feel down and have no motivation, try to focus on how you would act if you were happy and



motivated. How would you be breathing? How would your posture be? What about your facial expressions and your hands? How would your overall body language be? Thinking like this more often, can help you to feel more motivated.

- * **Let others motivate you** – Not necessarily your inner circle. But, believe it or not, music artists, authors, tv personalities can be great motivators. Try to start your day with 30 minutes of listening to, reading or watching someone that normally makes you feel motivated.
- * **Dream Big, Start Small and Act Now** – You have to dream big to inspire you but, you have to start small because you want to form a habit that you will automatically action consistently. When you feel like you are low in motivation, start small and build momentum from there.
- * **Take breaks when needed** – Success is not a destination, it is a journey that you need to go through for a long period of time. It is not a sprint, it is a marathon. Persistence is key, but also understanding that you can take a break every so often, as long as you pick back up where you left off.

Note down 3 things that you are not motivated to do

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2.
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3.
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Everyone, at some point or another, will experience lack of motivation in their life. But, if you are already feeling low and anxious, then the lack of motivation can only make this worse. From meeting up with friends, to starting a new project or engaging in a new hobby, it can sometimes be hard to find the motivation to actively get involved in activities that are good for your mental health. On a day when we are really struggling, simple tasks such as getting out of bed or having a shower can seem overwhelming. Let's look at ways to get motivated and help your mental health.

- **Break tasks into manageable chunks** – smaller tasks that lead up to the ultimate goal can help to manage thoughts about the process. Focus on the individual task that needs to be completed, before you move on to the next. This can stop you from overthinking about a project and help you to stay present and in the moment.
- **Write down positives thing you experience throughout the day** – It doesn't have to be each thing, but at least a few things is a great start! They serve as great reminders of special moments, which can be motivating! You can even use post-it notes and stick them around your studio, so they can be constant reminders.

- **Give yourself credit for the small things too** – completing even the smallest of things can be a big achievement, so make sure you reward yourself along the way. Notice the little things and praise yourself, it can add up quite quickly. Each evening try to note down three wins from the day and be proud of what you have achieved.
- **Have some me time** – A common misconception of “me time” is that it is selfish, this is far from the truth. It is vital that you actually take time out to focus on something you love doing, this little reward is great to help re-focus you and may even provide some inspiration.
- **Be Gentle with yourself** – We re-visit this a lot in these sessions, but that is because we cannot stress the importance of it too much! Accept how you currently feel, acknowledge it and look for ways to reach out for support if you need it. Practice self-care and be gentle, understand that sometimes it’s ok to not be ok!
- **Try to be present** - Touching on last weeks’ topic. Remain in the moment and it can help you to focus on the here and now, this also works with breaking down the tasks into chunks.
- **Don’t be afraid to ask for help** – There is nothing to be ashamed of here, talking about your feelings is good for your mental health and is often the first step to overcoming problems. Some prefer to speak to friends or family, and others might prefer to speak to a professional. Do whatever is best for **you**.

Now you have established three things you are not motivated with, and you have gone through all of the above information, it’s time to tackle them.

Focus on how you will be motivated to complete your 3 tasks.

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2.
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3.
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CODE have plenty of ways to help you keep healthy each week...

HIIT – with Boxercise

Online
Every Monday at 6pm
<https://codestudents.co/Fitness>



Yoga

Online
Every Tuesday at 6pm
<https://codestudents.co/Fitness>



Core

Online
Every Thursday at 6pm
<https://codestudents.co/Fitness>



Meditation

Online
Every Saturday
<https://codestudents.co/meditate>



CODE Community Support Group

(limited to 15)
Every Thursday
2pm – 4pm in the Games room
<https://codestudents.co/Group>



Grab and Go table

Pick up snacks, food, drinks or a book from our motivation library
Every Thursday – 2pm – 5pm
CODE Cafe

