



Staying Motivated

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The Stay-at-Home order is affecting people's time in different ways. Some have time on their hands and nothing from their normal routine to do. Some are working more than ever. Some are trying help educate and care for children full-time. Whatever group you fall into, when your life structure drastically changes, it can be hard to stay motivated.

If you are struggling with motivation, assess your personal situation and decide what is important. It really doesn't matter if your goal is to clean out the basement or just get dressed every morning. The point is to do what is good for **your** physical and mental health. Everyone's goals are going to be different, and that is fine. This is not a contest and there will be no awards for "best use of social distancing time."

It's also possible that things will change over time. Things that seemed like too much in the beginning may be easier later. Or you might find after a few hectic weeks, you want to spend more time relaxing. This is a challenging time and we need to respect that and give ourselves credit for what we can do. What was once easy, might be hard now, and that is okay. The important thing is to do what's good for you and your household.

If you find yourself struggling with motivation, try to use these six tips:

- 1) *Focus on what is important to you.* Don't compare yourself to others; do what you need to do.
- 2) *Consider using a schedule.* For the things that need to happen on a daily and weekly basis (school, laundry, etc.), a schedule can keep you going when you feel unmotivated.
- 3) *Break up big projects into smaller tasks.* As the old saying goes, you eat an elephant one bite at a time.
- 4) *Be willing to modify.* Be easy on yourself if things don't go as planned. Things change and sometimes you'll have to modify plans to adjust.
- 5) *Respect the limits of the Stay-at-Home Order.* As tempting as it is to want to do all the things you've always put off, try to focus on what you can do with the things you have.
- 6) *Give yourself time to relax if you can.* Taking time to relax often gives you more motivation later!