



# MOTIVATION

## How do I get it back?

Tips from NTU wellbeing

Being unmotivated is a vicious circle – the more negative you feel, the less you do and the less you do the more negative you feel. This leaflet will help you to understand and break the cycle.

### Breaking the cycle

To break this cycle, you need to be more active. This will stop you dwelling on negative thoughts, help improve confidence, help focus your attention into a more realistic perspective and bring you into contact with other people who can improve your chances of feeling better.

### How to get started

#### Examine your emotional state.

Motivation is harder when you are upset, anxious, depressed, stressed, or worried – you may want to seek help from services for this.



#### Plan.

List the things you would like to do and a list of all the tasks you feel you need to do. Prioritize one activity. If you find an activity too daunting, break it into smaller steps.

[Book in with the library support team if you need help with planning your studies.](#)

#### Find balance.

For example, enjoyable activities like having a bath, watching your favourite TV programme, or meeting friends can be balanced with duties like doing a washer load of laundry or writing 200 words of an essay.



#### Do More.

Build up the number of activities you do during a day, working them into your short-term and long-term goals.

## Maintaining motivation



### Challenge negative thoughts.

Turn negative thoughts into positive ones. For example, thinking “If I don’t pass this test, I’ll fail the course” Instead, it may be more useful to think, “If I get a pass mark, I’ll continue to the next year and be one step closer to completing my course”. This video can help you with learning to challenge thinking patterns . [Wellcast - Automatic Thoughts](#)

### Eat well.

A healthy diet can improve your mood. Getting enough nutrients (including essential vitamins and minerals) and water can help your mental well-being.



### Exercise.

Physical activity, such as going for a walk, jog or swim, will raise your heart rate and blood flow to your muscles and focus your mind on the activity. It will also have a positive effect on mood.

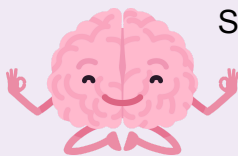
### Sleep.

Getting consistent quality sleep can improve our ability to focus on tasks in the day and this will increase motivation.

[Tips to improve your sleep - Mind](#)



### Manage stress.



Some stress can help motivate us, but too much stress can cause adverse effects. It can leave us in a permanent stage of fight or flight, leaving us overwhelmed or unable to cope.

[Learn more about managing stress:- Stress | Mental Health Foundation](#)

### Set clear goals.

What are you working towards, what are your main goals, focusing on your bigger long term goals can give you the motivation you need to keep working towards them

