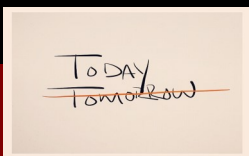




**Motivation plays a huge role in our mental health.** When we don't feel motivated or often procrastinate our work, we tend to feel more stressed, self-critical, and unhappy. This makes it harder to feel motivated, and creates a vicious cycle that can trap us all semester. **We tend to think of motivation as spontaneous, but we have more control over it than you think.**

## Quick Tips to Improve Motivation

- 1) **Develop a Routine** – Create and follow a consistent work and relaxation schedule to help tasks become habits
- 2) **Set the Scene** – Work under your best conditions, considering what time of day/day of week, location, etc. you are most productive
- 3) **Baby Steps** – Accomplish easy/fun tasks first to get going, then transition to more difficult/less interesting tasks
- 4) **Set Firm Boundaries** – Follow your schedule closely to help your brain 'shift gears' and avoid 'blurring the lines' between work and play. Don't snooze your alarm, text when studying, or work when you are supposed to relax.
- 5) **Get Support** – Have friends or family hold you accountable to getting work done. Study together or check in on each other to make sure you don't procrastinate
- 6) **Engage in Physical Self-Care** – Prioritize getting enough sleep, food, and exercise every day. Our physical health is tied very closely to our mental health, energy, and motivation and cannot be neglected.



## We Feel Motivated When...

- Tasks are interesting/important to us
- We believe that we can accomplish the tasks well, or up to our own standards
- We feel we have enough time to finish our tasks
- We aren't experiencing a mental health issue (which cause us to disbelieve the above)

## Remember

- Be Kind to Yourself** – Focus on what you have accomplished rather than what you have not.
- Connect to Your Values** – For boring or uninteresting work, remind yourself how accomplishing the task will help you achieve long-term rewarding/interesting goals.
- Focus on Growth, Not Grades** – Your type of motivation matters. Motivation lasts longer and leads to better learning when you are focused on improving your competence, not your grades or how you do in relation to others

## THE POMODORO TECHNIQUE



**Feel like you want to talk to someone about your motivation?**

Contact [counseling-center@iup.edu](mailto:counseling-center@iup.edu) or call the Counseling Center at 724-357-2621