04/06/2020

Hi All,

I hope you all enjoyed some rest over the half term break and were able to get out in the sun! Shame it's taken a colder turn now, I had just bought a pool for my garden! Typical ;"D

Whether we are in college or not, one of the things I speak to students about after a break is motivation. It can be really hard to get back into the swing of things after enjoying some time off. Whilst we are working and learning remotely, this can seem an even bigger task as we generally don't stick rigidly to a set routine (brownie points to those who really have- I salute you!)

Anyway, it's doubly hard to motivate ourselves when we are feeling a little worried over what is happening around us, the news, keeping up with college work, researching next steps after college. Even if you are not in your first year and college work is not on your to do list, motivation to get things done for yourself, be creative or get out and about can also be an issue.

<https://www.mentalhealth.org.uk/blog/what-advice-would-you-give-someone-lacking-motivation>

This link is quite helpful. It's an article replying to a question about how to help someone keep motivated whilst looking after their mental health and wellbeing. There is a list of tips and explanations and then some handy links at the bottom for anyone worried about how they are feeling at the moment. The last tip is really important though- reach out to ask for help if you need it. Your tutors and teachers are there to support, as am I. If we know you are struggling we can help. Let's remember that this situation is new to all of us, so keeping up a good, open dialogue between yourself and your teachers is just as helpful for them in keeping on track as it is for you.

Whether it's motivation/ deadlines/ IT issues/ wellbeing or anything else, reach out so we can work together :) Let me know what you have found useful when motivating yourselves at home.

Jen