

Coronavirus Update 22nd June 2020 – Struggling to stay motivated?

Struggling to stay motivated?

1. Remember that we all have "off days" even adults - this is ok, we can just try again tomorrow, the important part is to try again.
2. It is easier to stay focused if we have a structure or timetable (I'm on my 5th structure draft for me and 12th for my daughter - we need to keep changing it to make it work).
3. You should assess your timetable and routines at this point - are they working or could they be redesigned?
4. It is easier to work when we have had a good night's sleep - are you working to make sure that you get good sleep or are you staying up late gaming or online?
5. Good sleep = calm evening, no caffeine after 6pm, no screens after 9pm, dim lighting, read a book or relaxation activity (warm bath, listen to music, face-mask, sketching), into bed 1hr before lights out.
6. Little and often can work to support motivation - break down tasks into 30 min chunks.
7. IF YOU ARE STRUGGLING PLEASE CONTACT YOUR TUTOR OR TRUSTED STAFF MEMBER FOR SUPPORT
8. A method that has really worked for me is a daily list - working through the list and ticking things off helps me stay motivated. Look for the positives!!!
9. Final reminder - it's ok to have an off day and say "forget work" - these are really uncertain times and it is hard to stay constantly motivated! Take a break, go for a walk or do something fun and come back to it later.
10. Some useful contacts below for students if they are struggling:
 - [Samaritans](#) offer 24-hours a day, 7 days a week support service. Call them FREE on 116 123. You can also email jo@samaritans.org
 - [Shout Crisis Text Line](#): If you're experiencing a personal crisis, are unable to cope and need support Text Shout to 85258.
 - [CALM](#) (Campaign Against Living Miserably) have a helpline (5pm – midnight) and webchat to support men
 - [Papyrus](#) is a dedicated service for young people up to the age of 35 who are worried about how they are feeling or anyone concerned about a young person. You can call the HOPElineUK number on 0800 068 4141, you can text 07786 209697 or email pat@papyrus-uk.org
 - [Kooth.com](#) Free, online counselling for teenagers

Remember that we are all still hear for you, we all still miss you and please contact us if you need support.