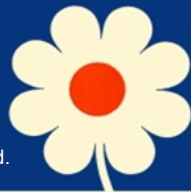


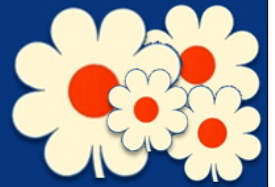
Regaining Your “ZING!” Jump-Starting Your Motivation After (During) COVID-19

Cat Selman, BS
www.catselman.com

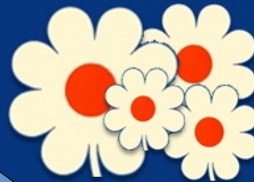
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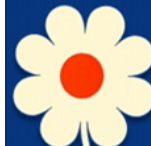
How are you currently feeling?



Zoomed Out
Exhausted
Sad
Angry
Routine
Stuck
No Focus
Stressed
Bored
Annoyed
Behind
Procrastinating
Trapped
Slump
Down
No hope
Frustrated
Lonely
Inside
Fatigue
Worry
Unmotivated
Tired
Alone



Lack of motivation is a symptom of depression, but could be caused by something else.



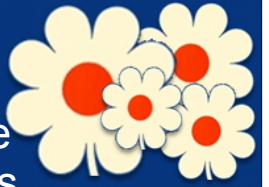
The pandemic and the world's unusual circumstances have created a "suspended animation."



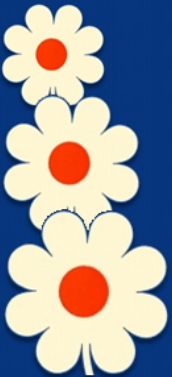
This does not foster a sense of being grounded or connected. In fact, it makes us feel more disconnected than ever before.



- Going to work, socializing with friends, and doing other activities outside the home help us regulate our mental and physical energy as well as give us a sense of time. Now that we're lacking those things, time has lost meaning, which can do a number on focus and productivity.
- Many people have also lost some of their external motivators, like a job and income, and have had trouble getting either back, which, aside from knocking down self-worth, can erase the impulse to get things done.



"When we are caught up with fear or anxiety of what tomorrow will bring, motivation to do things that aren't directly related to safety or security goes out the window."



Warning Signs/Symptoms

1. Absenteeism or Consistently Coming in Late to Work
2. Apathetic Attitude
3. Conflict with Peers/Boss
4. Constantly stressed/bored
5. Leads negative discussions



Warning Signs/Symptoms

6. Decrease in productivity and lousy quality of work
7. Withdraws from employee engagement events
8. Does not undertake new initiatives
9. Increased activity on professional networking sites
10. Does not responsibly contribute to discussions



Where's my Motivation?

Constantly being stressed out by fear takes a surprising amount of mental energy, which is why you may be feeling tired.

Your brain has actually been processing more than it can handle 24/7.



Where's my Motivation?

Often our first instinct is to blame ourselves for not being able to do something, to get frustrated with ourselves.

This is counterproductive and involves expending more emotional energy than you have to spare.



Tips for Motivation


- Try being nice to your brain. Do something you know it likes...
- ⦿ A fun word puzzle
 - ⦿ Reading a few chapters of a new book you got
 - ⦿ Playing a computer game for a little while
 - ⦿ Dancing to a favorite song
 - ⦿ Calling a loved one and talking for a few minutes






Tips for Motivation




- ◉ Aside from being a welcome distraction from the news or the mundanity of life right now, these or similar activities take just a little bit of effort and can leave you feeling accomplished and even joyful.
 - ◉ That accomplished feeling is like a reset button for your brain and allows it to be more open to doing other things.
- 




Tips for Motivation




Things like therapy, meditation, yoga, exercise can accomplish the same thing, but figure out what your in the moment “joy switches” are, and do them.



Tips for Motivation



Anything that involves changing up behavior in order to reignite brain activity is “a mindset shift.” This can be something as simple as taking a shower or as complex as baking macaroons — the point is that it gets your brain to focus on the here and now rather than intangible, often incomprehensible worries or other useless distractions.




Tips for Motivation



Try the Pomodoro Technique (“Tomato Time”)


- Break down work into 25-minute intervals separated by short 5-minute breaks
- After 4 consecutive time blocks, take longer breaks (20-30 minutes)
- Use your phone time or apps like Tomato Timer, Pomodor, Forest, Tide to practice

Trains your brain for improved focus!






Tips for Motivation




Try taking just a few moments a day to really think about what makes you happy right now and write it down.


That way, when your brain convinces you that everything is horrible, you have written proof that that's not true.




Tips for Motivation




Get out of bed each morning!!!
Leave a few sticky notes around with positive affirmations. "Yes, you can do this!" "Never give up!" "For many residents you are their lifeline to living!"




Tips for Motivation




Go for a walk!
Exercise helps your body release endorphins, the "feel good" hormones. 30 minutes 3 times a week - at a minimum!



Tips for Motivation



Nutrition: You ARE what you eat...
Free Nutrition & Fitness Apps:
1. MyNetDiary (Android & iPhone) is your personal virtual assistant for weight loss and diet. It's the perfect multitasker, with features like a food diary, calorie counter, and exercise tracker.






Tips for Motivation



Nutrition: You ARE what you eat...

Free Nutrition & Fitness Apps:

2. Jefit (Android, iPhone & Web) You can choose from more than 1,000 exercises or add your own, combine them to form a plan, favorite movements, filter by machine, set body goals, log workouts, set 1RM goals for each exercise, assess your strength, and track your progress with mirror selfies.
- 




Tips for Motivation



Nutrition: You ARE what you eat...



Free Nutrition & Fitness Apps:

3. Waterlogged (iPhone, Android - Waterlog) This app helps you make sure you're getting enough water by allowing you to take pictures of your drinking vessels to quickly and automatically log your water intake. The app also allows you to set up reminders to drink fluids, and can help you quickly assess your hydration with handy graphs.
- 




Tips for Motivation



Nutrition: You ARE what you eat...

Free Nutrition & Fitness Apps:

4. Asana Rebel - Yoga & Fitness (iPhone) From losing weight to building strength, from high-intensity workouts to moving meditations: each piece of Asana Rebel is meant to fit every goal into your lifestyle.
- 




Tips for Motivation



Nutrition: You ARE what you eat...

Free Nutrition & Fitness Apps:

5. HealthyOut (Android & iPhone) Eating out doesn't have to be a guilty pleasure. Quickly find and order healthy restaurant dishes across the country. Search by calories, nutrition tags like heart healthy and paleo, cuisines, and more.
- 




Tips for Motivation

 Nutrition: You ARE what you eat...

Free Nutrition & Fitness Apps:

6. My Virtual Mission (iPhone & Web) Are you in need of some workout motivation? If your current exercise is less than inspiring, My Virtual Mission may be the app for you. Use it to create the virtual fitness route of your dreams - literally. If you can imagine a route, the app can create it.




Tips for Motivation

 Nutrition: You ARE what you eat...

Free Nutrition & Fitness Apps:


7. Nutrition Facts (Android) Nutrition Facts gives you all the details about more than 8,700 food items, conveniently sorted into categories and accessible via a quick, simple search.



Tips for Motivation

 Get your hands dirty!! Really!


There is a certain type of bacteria found in dirt that may enhance the production of serotonin.



Tips for Motivation

 Don't overschedule!

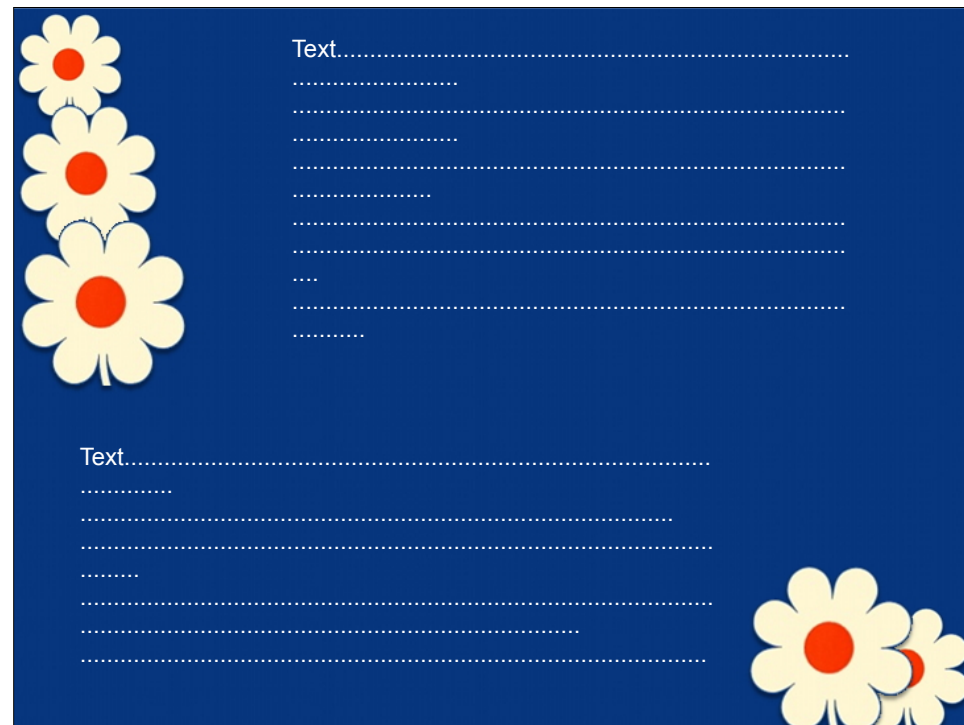
If you only complete 1 or 2 tasks, then good for you! Congratulate/ reward yourself upon completion, no matter how small.





Tips for Motivation

Stick to a routine!!
Write down your routine/schedule, stick it on the wall or somewhere that you can see it. Check items off as you complete. Accomplished tasks promote a positive sense of well being.



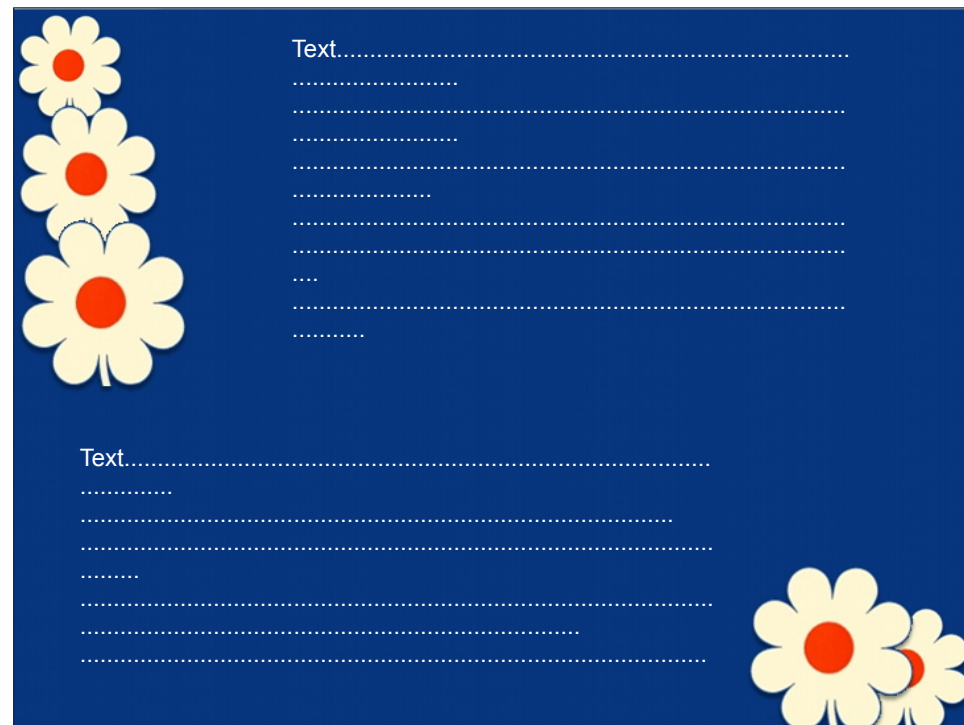
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Tips for Motivation

Socialize!!
Choose to be around positive people.
Encourage socialization with them.
Help someone else! (Increases your motivation to get out of bed.)



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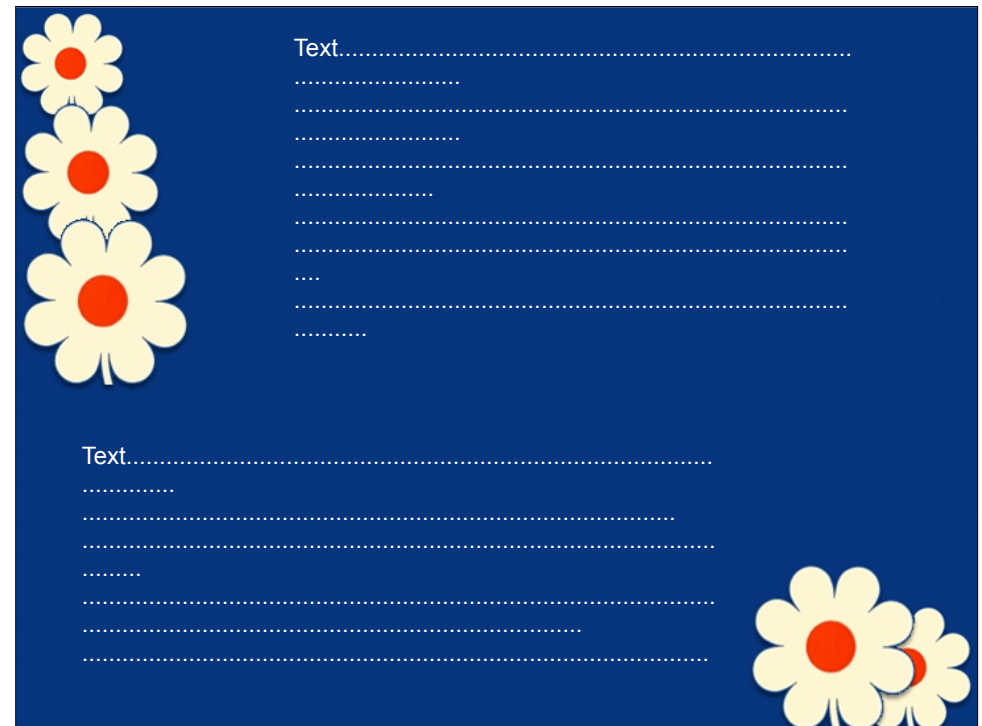
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Tips for Motivation

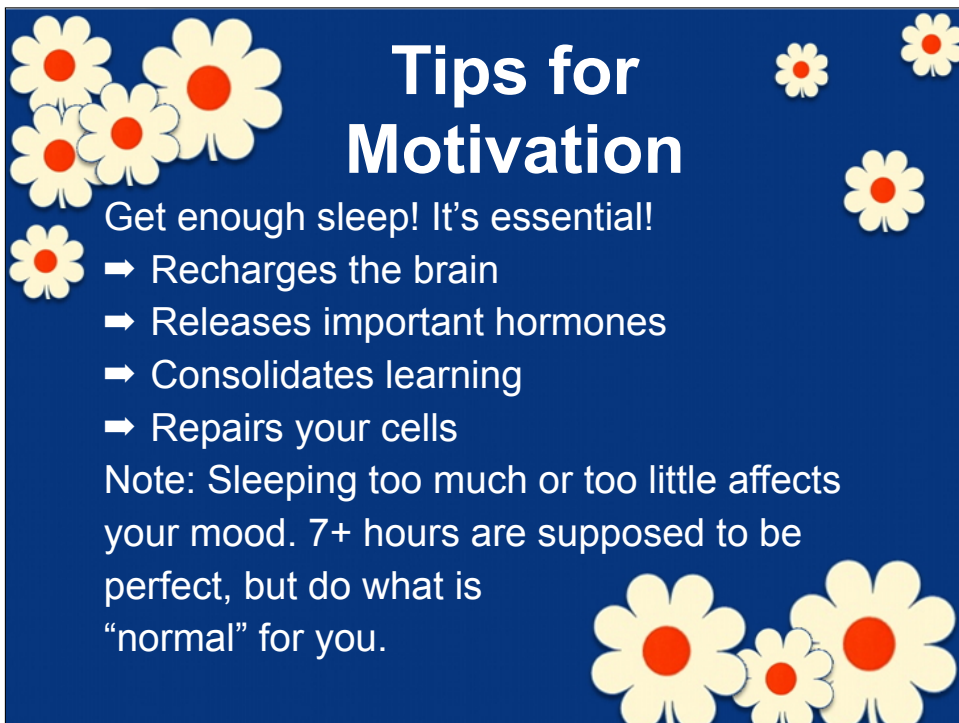
We all need each other! Connection with others positively changes our experience

- ✓ We feel supported and less alone
- ✓ We have lower levels of stress, anxiety, and depression
- ✓ We strengthen our immune system
- ✓ We build skills like communication and empathy and develop our own self-esteem



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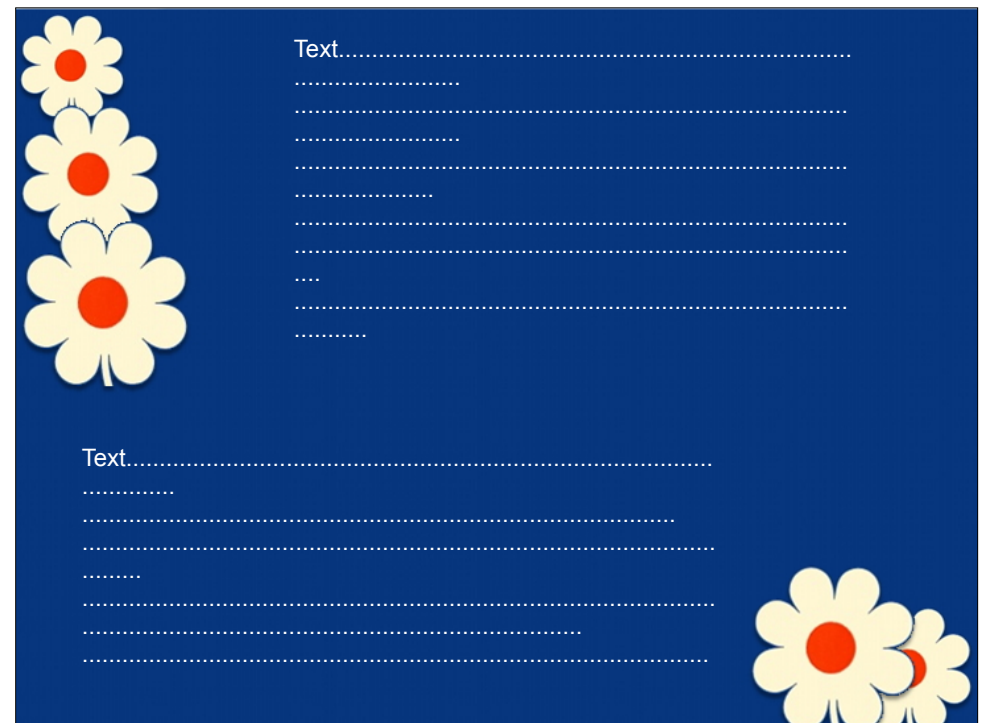


Tips for Motivation

Get enough sleep! It's essential!

- ➔ Recharges the brain
- ➔ Releases important hormones
- ➔ Consolidates learning
- ➔ Repairs your cells

Note: Sleeping too much or too little affects your mood. 7+ hours are supposed to be perfect, but do what is "normal" for you.



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Tips for Motivation

Recharging your Battery for Life Balance

1. Physical

✓ Safe housing

✓ Regular medical care

✓ Eat healthy

✓ Exercise

✓ Be sexual

✓ Get enough sleep

✓ Take vacations

✓ Take a walk

✓ Turn cell phone off

✓ Get “me” time

✓ Take time off

✓ Massages

✓ Acupuncture

✓ Bubblebaths

✓ Kisses

✓ Ask for nurturing





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Tips for Motivation

Recharging your Battery for Life Balance

2. Psychological

✓ Self-reflection

✓ Therapy

✓ Journaling

✓ Self-awareness

✓ Sensory engagement

✓ Aromatherapy

✓ Draw

✓ Paint

✓ Go to symphony or ballet

✓ Relax in the sun

✓ Garden

✓ Read a self-help book

✓ Join a support group

✓ Think about your positive qualities

✓ Practice asking & receiving help





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Tips for Motivation

Recharging your Battery for Life Balance

3. Emotional

✓ Affirmations

✓ Self-love

✓ Self-compassion

✓ Cry

✓ Social justice engagement

✓ Laugh

✓ Say "I love you!"

✓ Watch a funny movie

✓ Find a hobby

✓ Flirt

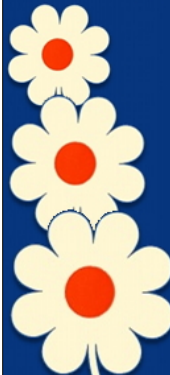
✓ Buy yourself a present

✓ Cuddle with your pet

✓ Tell yourself: "You are gorgeous!"


✓ Practice forgiveness





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Tips for Motivation

Recharging your Battery for Life Balance

4. Spiritual

✓ Self-reflection

✓ Go into nature

✓ Find spiritual community

✓ Self-cherish

✓ Meditate

✓ Sing

✓ Dance

✓ Play

✓ Be inspired

✓ Take yoga

✓ Play with children

✓ Bathe in the ocean or lake

✓ Watch sunsets

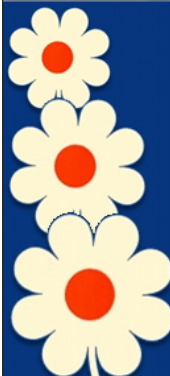
✓ Pray

✓ Find spiritual mentor

✓ Volunteer for a cause


✓ Foster self-forgiveness





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Tips for Motivation

Recharging your Battery for Life Balance

5. Personal

✓ Learn who you are

✓ Figure out what you want in life

✓ Plan short and long-term goals

✓ Make a vision board

✓ Foster friendships

✓ Go on dates

✓ Get coffee with a friend

✓ Get out of debt

✓ Just relax

✓ Write a poem or a book

✓ Spend time with your family

✓ Cook out

✓ Learn to play a musical instrument





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Tips for Motivation

Recharging your Battery for Life Balance

6. Professional

✓ Take time for lunch

✓ Set boundaries

✓ Do not work overtime

✓ Leave work at work

✓ Do not work during your time off

✓ Get regular supervision

✓ Get support of colleagues

✓ Take mental health days

✓ Learn to say “NO” and stick with it

✓ Plan your next career move

✓ Take a class

✓ Take all vacation and sick days






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Tips for Motivation



Create a support network!
Having support on “standby” for when your motivation runs out and you feel overwhelmed will help provide encouragement.




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Stress Reducing Apps



Calm Provides unguided meditation sessions, as well as programs of between 7 and 21 days. It will suit all of your needs. Whether you want a quick fix or something more structured. Alongside that are dozens of calming sounds to fall asleep to, as well as serene scenes to gaze at.




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Stress Reducing Apps

 Stop, Breathe & Think


Just the app name is an important things to



Stress Reducing Apps

 Zen Koi

Virtual pets with great relaxation powers;



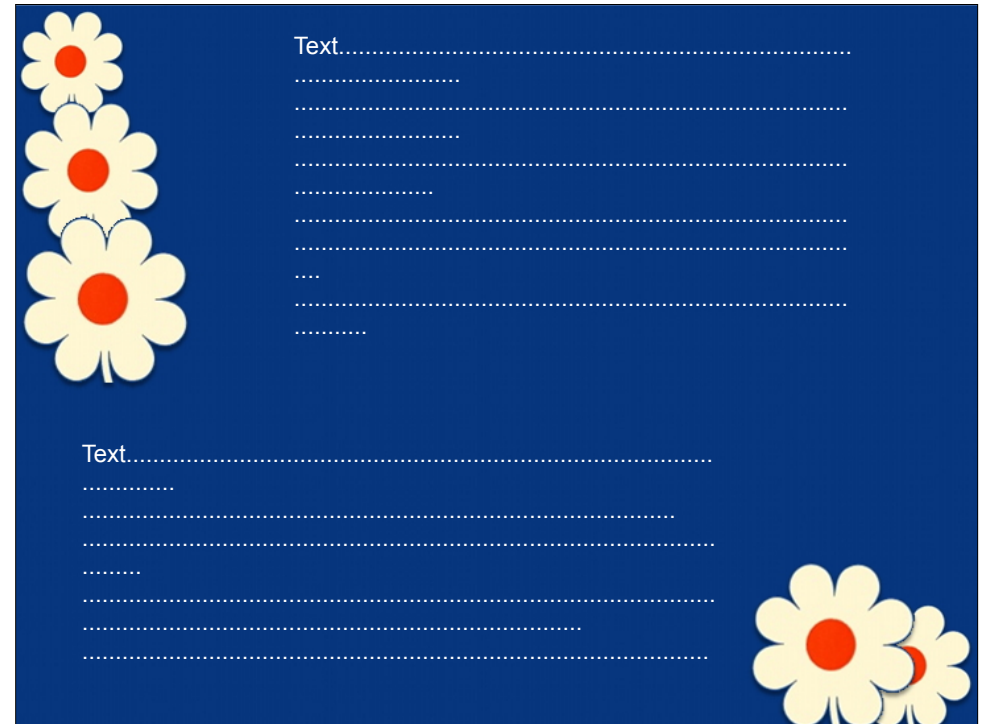


Stress Reducing Apps



Omvana

Offers the usual bevy of different mediations to listen to. It also provides Apple Watch connectivity, simplifying the process immensely. Thousands of different tracks are available for you to listen to, ensuring there's something for every mood. You can create custom mixes of tracks too, giving you the perfect way to focus.



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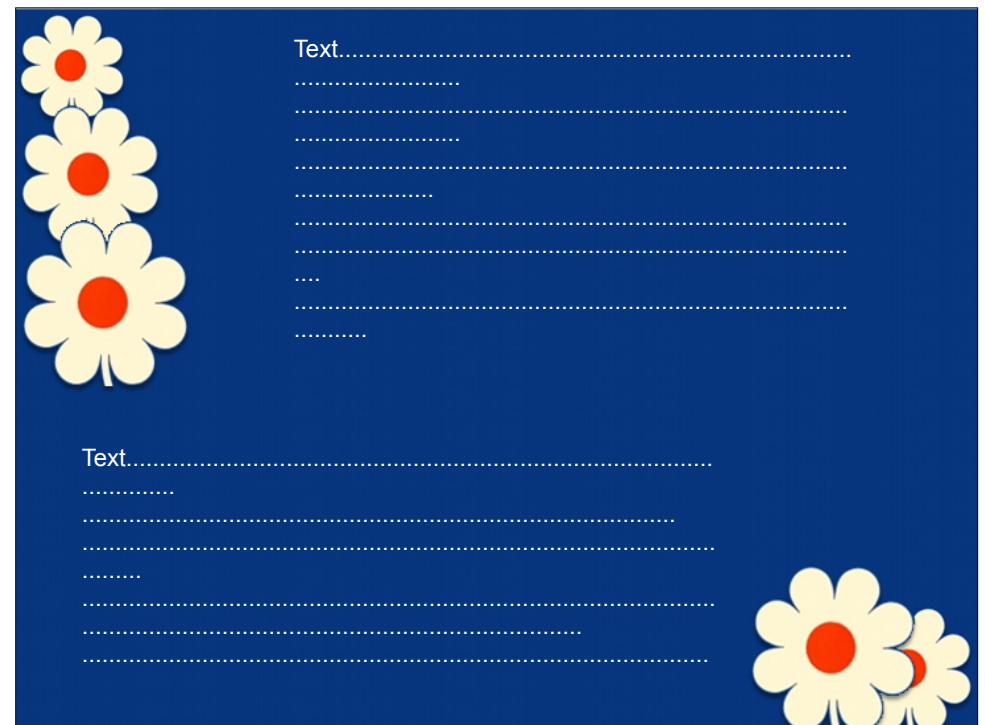


Stress Reducing Apps



Happify

Works through treating happiness as a goal. It has you picking an aim such as to ignore negative thoughts, before guiding you through various activities to overcome that issue. A series of games and tasks help you retrain your brain, through an interface that'll make you feel you're constantly working towards something.



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Stress Reducing Apps



Booster Buddy

Is aimed at teenagers and young adults, helping them develop coping skills at a key time in life. Its colorful approach and journaling options make it perfect for everyone. It's a great way of keeping track of how you're doing mentally, and how things like your medication and sleep patterns are affecting you.

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Resiliency

The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress.



Ways to Build Resiliency

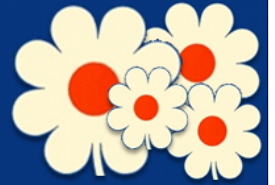
- ➔ Practice Radical Acceptance
 - ✓ All the way, complete and total/don't have to agree with it
 - ✓ Life happens
- ➔ Pay attention to where you focus your attention
 - ✓ What can I control; what can I change?
 - ✓ Take action
- ➔ Ask yourself: "Is what I'm doing helping or hurting me?"
 - ✓ Be kind to yourself
- ➔ Grieve what COVID has taken away from regular life
 - ✓ Anger, bargaining, denial, depression, acceptance, meaning making

1. What made you choose this field/ profession?
2. Does the reason you chose the field still hold true for you today?
3. Why did/do you continue to show up for work every day during the pandemic?
4. How can we turn these reasons into new motivation to go forward?



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