

How to keep motivated when you're feeling stressed

As the COVID-19 situation is progressing and the Government guidance continues to change, individuals may be feeling anxious. Mental Health support during times like these are paramount, which is why Care first have worked tirelessly to ensure our services remain available 24/7 throughout the pandemic to provide emotional and practical support and ensure we have every aspect of your overall wellbeing covered.

When we are stressed it can be really difficult to keep motivated. This article looks at some ways to help you keep motivated when you are feeling stressed. It is important to think about stress and to also look at the positive side of pressure. For example if we did not have deadlines to get work completed would we ever do it? If you were told that you have a deadline of two weeks to get a piece of work done then this may cause you some pressure to get the work finished, but it also gives you the motivation to do the work. Whereas if you were told that you can do the work whenever you like with no deadline, you may not have any motivation to do the work and therefore it may never get completed.

How to keep motivated when you're feeling stressed?

- **Remember your achievements** - In the struggle to get everything done, it is very easy to forget what it is that you have already achieved. Set aside some time, perhaps once a month, to go back over your accomplishments. Remind yourself of the good things that have happened, rather than constantly focusing on the problems.
- **Exercise** - Pressure or anger releases adrenaline in the body; exercise helps to reduce this and triggers the release of 'feel good' substances in the brain. So the next time you are feeling tense, go for a brisk walk and try exercising regularly after work.
- **A good night's sleep** - Sleep is essential for the body to function properly. Try going to bed early enough to enable you to have 8 hours sleep a night, every night for a week, and see if there is a difference in how you perform during the day.
- **Remember to smile** – It is important to keep a sense of genuine curiosity and natural inquisitiveness about yourself and your personal journey to wellbeing. A little giggle now and then is a healthy part of maintaining balance in your life.

How to keep motivated when you're feeling stressed at work?

- **Plan your day** – When you have lots of tasks to do but have no idea where to start it can be very daunting. Plan your day out as best you can to help manage your workload.
- **Split big tasks into multiple smaller ones** – When you have a task to do you could split it in to smaller tasks to help you manage it more effectively.
- **Managers and Team leaders** – By praising employees for their hard work and by recognising their work can help to motivate staff when they may be feeling stressed.
- **Remember the reason you are doing that task or job** – Try to remember the reason why you are doing what you do. Think about the importance of it and what the final outcome may be.

- **Talk to someone who makes you feel good** – Have a chat with someone who may make you laugh or feel better in general. It is important to have breaks and talk about something different other than work so you feel refreshed when you go back to the task following your break.
- **Avoid comparing yourself to others** – Try not to compare yourself to other people as you may tend to look at the things they do well that you may not do well. It is easy to do this and to forget about all the things you excel at.

How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first on the Freephone number. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited counsellors are available 24/7 to provide support with emotional issues, our expertly trained Information Specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support.

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If you would like to view the Webinar on **‘How to keep motivated when you’re feeling stressed?’** this is being delivered live on **Thursday 5th November at 12pm**, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/9129928252581377040>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.