

Managing to keep motivated



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During times of uncertainty it's common to break out of daily routines which can leave you feeling out of balance, unmotivated, and can affect your physical and mental wellbeing.

Common reactions

- Frustration and anger
- Being easily triggered into unhelpful emotions
- Feeling more reactive
- Difficulty focusing
- Feeling scattered
- Not getting much done
- Changing sleep patterns
- Feeling helpless or isolated
- Overexposure to media
- Increased alcohol and/or drug intake
- Social withdrawal
- Overwhelming desire to socialise
- Feeling envious or resentful
- Overwhelming sense of responsibility.



Here are some ideas to help you keep motivated to do the things that make you feel good about yourself and find that balance.



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Tips to keep motivated during uncertain times

Stay connected.

Get and provide warm, comforting, social support by video, phone, or text. This is a hard time for everyone and talking with others who have our best interests at heart makes us feel safe.

Arrange a daily check-in with friends.

This provides structure to your day. Use video when you can as it provides more social connection.

Keep a regular sleep schedule.

Try to get direct sunlight in the morning and middle of the day when the light is brightest. This helps regulate your circadian rhythm so it's easier to sleep and you'll feel more alert in the day.

Get dressed every day.

Achieving this small milestone can help you feel a sense of achievement and you'll be more prepared for those video calls.

Include some fun.

In your bubble play board games or exercise together outdoors. Alternatively, use apps that allow for playing games together virtually.

Host a dinner using FaceTime, Zoom or Teams so you can talk while you eat (and talk about some positive things, not just the lockdown).

Set goals.

List one or more achievable goals each day. Set less goals than you might normally and really celebrate when you achieve them.

Eat well.

Good nutrition helps our mood. Stress makes us seek comfort foods which are high in carbs and sugars which have a negative impact on our mood. Eat fresh and natural unprocessed foods, your mood will thank you for it!

Go outside each day.

It will help you be more active and improve your mood, especially if you can enjoy the beauty of nature and feel how you are a part of the natural world too.

Share your activities on Raft.

Students and staff can connect on here without the distraction of global news, spam or advertising, and it's good to feel part of the LU community.

Have shared goals.

Set daily goals with a friend to help each other stay motivated and celebrate small wins.

Volunteer.

Helping those in need gives you something to look forward to and you will feel a sense of achievement.

Exercise with others.

Whare Hākinakina LU Gym hosts live exercise classes on Facebook during lockdowns. There's something for everyone, including yoga.

Remember your long-term goal.

Prioritise something each day that will help you get closer to achieving your goal.

Do that thing you never get around to.

Take advantage of lockdown by achieving something you wouldn't normally prioritise like baking, gardening, painting or crafts.

Avoid long periods on digital screens.

When possible, avoid spending more than two hours at a time at your computer. Try an app like Stretchly for reminders to take scheduled breaks.

Do what works for you.

We all have different motivators and ways of managing our daily routine, take ideas from others but choose what makes you happiest.



Support contacts

Emergencies

If you or someone else is at serious risk of harm
Call Emergency Services P: 111

Campus Security

P: 0800 545 388

National contacts:

For mental health concerns 24/7

Free call or text 1737

Healthline

P: 0800 358 5453

Diversity Counselling NZ

E: contact@dcnz.net

Women's Centre free counselling

E: support@womenscentre.co.nz

Students:

Student Health

P: 03 325 3835

Wellbeing Advisors

E: wellbeing.support@lincoln.ac.nz

Inclusive Education

E: inclusive@lincoln.ac.nz

International Student Advisors

E: internationaladvisors@lincoln.ac.nz

Te Manutaki, Māori and Pasifika Support

E: ompd@lincoln.ac.nz

LUSA Student Advocacy

E: students@lusa.org.nz

Faculty and staff:

Employment Assistance Programme

P: 0800 327 669

SAFELU App

Download **SAFELU** for easy access to support contacts