



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Motivation

When we are motivated, we are driven to complete tasks, get things done, achieve things and or reach our goals.

Sometimes it can be hard to motivate ourselves whereas at other times it may feel really easy and like we are super motivated. Sometimes we may feel both of these things in the same day in relation to the same thing!

Many things can affect motivation including how much we want to achieve something, how much we value what needs to be done, how interested we are in the task, but also our mental health and well-being. Improving our mental health and well-being can improve our motivation.

Try one or all of the below activities to increase motivation:

- Plan your days so that they include activities which you value (fun and relaxing activities), as well as tasks which need to be done, it is easier to be motivated when we make time for things that are important to us.
- Break your goals down into smaller ones to help them to feel more manageable. Reward yourself every time you have achieved a step towards your goal!
- Ask for support from family, friends or teachers; sometimes it may be difficult to get motivated by yourself, reaching out for support can make tasks that you are struggling with feel less difficult to manage, this in turn can improve your motivation to complete them.

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: **cwptr.thankskids@nhs.net** and we'll do the rest!!

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.