



Mental Health in Schools Team Tips For Wellness



Motivation

Motivation is what helps you start and keep going with your goals, this may be linked to school, hobbies or life stuff. It is the 'why' behind what you are doing. Motivation can help you to finish a task or practise a new skill, it can make learning and playing more fun and help you to feel proud when you have done something great.

Sometimes it can be difficult to find motivation to begin an activity. To help with this, think about what is your 'why'. Ask yourself what goal matters to you and connect with what excites or inspires you.

Our Top Tips For Motivation:

1. **Set small and clear goals:** Break big tasks into bite-sized steps. Ensure you celebrate each smaller win along the way.
2. **Create a routine that works for you:** Having a plan for your day can help to keep you on track and reduce potential stress.
3. **Remain positive:** If you are finding an activity difficult, remember to be kind to yourself. If something is hard, say, 'I am learning' instead of 'I can't do it'.
4. **Ask for help:** It is ok to ask family, friends or teachers for some help when you get stuck.
5. **Motivational matching activity:** Write some goals down on individual pieces of paper e.g., 'to finish my homework' and some motivational reasons down on another piece of paper e.g., 'to help me learn new things'. Spread the paper around upside down. Take turns flipping them over to match a goal with a motivational reason. When a pair is found, have a conversation about why that motivation may help to achieve the goal. Consider any barriers to achieving the goal and plan how you could overcome them.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.