

## Staying Motivated During COVID-19

Use the 8 Dimensions of Well-being model to consider how you can stay motivated throughout COVID-19. Some suggestions are below.



### Build a daily routine (Physical Well-being)

- Maintaining structure through a daily routine can help reduce the felt effects of physical distancing. Consider creating a daily routine for yourself using this template ([link word doc](#)).
- Start by getting dressed and eating breakfast! Even though you might be spending more time at home, getting dressed can help you feel like you are going about a normal day. This can also motivate you to get work done instead of lounging on the couch.
- Get some exercise! This could include joining a virtual exercise class, like the one's offered by [BCIT's Recreation Services](#).
- Get outside while keeping your physical distance from others. If you are worried about contact with others, try going out earlier in the morning or later in the day.
- Schedule meal times to help block up your day and to ensure you're taking regular breaks from studying or work. You might also want to try and schedule meal times with your roommates or family to help make them a social activity in your day.

### Create a daily to-do list (Psychological Well-being)

- Write out a list at the beginning of each day (or the night before).
- Keep your list to 3 to 5 items so that it's manageable for you.
- Review your to-do list at the end of each day & check off the items that you accomplished.

### Motivate yourself by staying social (Social Well-being)

- Create shared goals with other members from your set or program. You can connect with them via video chat to arrange group study sessions or schedule individual check-ins to help you stay on track with your work.

- [The Canadian Mental Health Association \(CMHA\)](#) suggests turning your goals into competitions with your friends or family members. This can help you stay connected, motivated and have fun while accomplishing your goals!

#### **Be mindful of distractions (Intellectual Well-being, Environmental Well-being)**

- Create a designated work or study space.
- Let others know that you are working so that they don't bother you.
- Turn off your phone and stay off social media.
- Organize all of your materials (laptop, textbooks, notebook etc.) before you start working or studying.

#### **Plant rewards along the way (Psychological Well-being)**

- Take brain breaks from studying! [MIT](#) suggests studying for 50-minute blocks of time with 10-minute breaks in between.
- Identify activities you find relaxing and fun (virtual games with friends, listening to music, reading a book). Build these into your daily routine so that you have something to look forward to each day.
- Have an online viewing with your friends! This is a great way to relax and stay social while maintaining physical distancing.

#### **Resources**

<https://cmha.bc.ca/covid-19-take-care-of-yourself/distract-yourself-and-keep-busy/>

<https://www.bcit.ca/recreation/healthy-at-home/>

<https://firstyear.mit.edu/tutoring-support/study-tips/tooling-and-studying/tooling-and-studying-effective-breaks>