

MOTIVATION



The driving force behind our actions, desires, and goals. Motivation is shaped by many internal and external factors.



Comes from things external to us.
EXTRINSIC

VS

Comes from within.
INTRINSIC

Doing things motivated by our core values, that give us personal gratification, often lead to more positive & sustained results than relying on external motivation alone.¹

MOTIVATION & MENTAL HEALTH

Mental health concerns can impact our motivation and can show up in our school, work, social, and personal lives.

Signs of low motivation can include:



Withdrawal from friends/family



Difficulty concentrating



Loosing interest in things

Keeping a routine can help maintain healthy habits even when our motivation drops.

TIPS for STAYING MOTIVATED²

Connect with Others*

Team up with a "motivation buddy" for mutual support in pursuing your goals!

Be Kind to Yourself

Reward yourself for your efforts & know that setbacks will happen - try not to be overly critical.

Take it One Step at a Time

Start small, but start. Remember that small steps add up.

Practice Self-Care to Prevent Burnout

Manage physical & mental stress. Focus on progress over perfection.

Ask for Help when Needed

Consult resources or professional support if needed.



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada

mdsc.ca
@MoodDisordersSocietyCanada



1. MayoClinic (2016). 5 Do's and Don'ts for Staying Motivated. 2. MDSC (2012). What Better Feels Like: A Guide to Maintaining Wellness.

*Note: Always follow your local/provincial public health guidelines.