



# 7 METHODS TO MAINTAIN YOUR MOTIVATION

*Semesters are 17 weeks long. At some point in the semester, you may feel exhausted or lose some of the enthusiasm you had in the beginning of the semester. Self-care will help you re-energize and regain motivation.*

- 1 TAKE BREAKS & NAPS**  
Sustain energy with 10-minute breaks every hour or after accomplishing a set amount of work. Increase alertness with 20-minute power naps. Find campus nap spaces at [goo.gl/DVyBbd](http://goo.gl/DVyBbd).
- 2 MONITOR YOUR THINKING**  
Are your thoughts mostly negative? To find balance, list positive things in your life and question whether your negative thoughts are really true. If you don't get an A on this test, would it really mean you're stupid?
- 3 PACE YOURSELF**  
17 weeks of constant stress may leave you tired and sick. Set priorities. Which weeks, classes, and assignments are most important? Can you spend less time and accept lower grades in some classes or on some assignments?
- 4 GET CREATIVE**  
Celebrate as you complete each step by giving your left analytical brain a break. Engage right brain creativity to refresh. Draw, paint, hum, dance, hike, sit in nature, cook, meditate, use the ASUC Art Studio or visit BAMPFA.
- 5 SET EXPECTATIONS**  
Are your expectations achievable and healthy? Expectations like, "I need a 4.0 to be a doctor," will burn you out. Choose smaller goals that help you reach your dreams. Ex: "I will study for Chem1A from 9-12 on Monday and Wednesday."
- 6 CONNECT**  
Reach out to family, friends, classmates, club members, instructors in office hours, CPS. Support and connection restores your energy.
- 7 EXERCISE**  
Do you exercise vigorously at least 20 minutes 3 times a week?<sup>1</sup> If so, your brain copes better with stress. Try the RSF, a run in fire trails, or a PE class.

<sup>1</sup>Pettus, W. (2013, October 29). Exercise Reduces Stress—Especially for Social Butterflies. Retrieved September 29, 2016, from [http://greatergood.berkeley.edu/article/item/exercise\\_reduces\\_stress\\_especially\\_for\\_social\\_butterflies](http://greatergood.berkeley.edu/article/item/exercise_reduces_stress_especially_for_social_butterflies)