

# feeling unmotivated? that's okay!

this is a totally normal way to  
feel right now....



For immediate assistance call lifeline on  
13 11 14 or go to [lifeline.org.au](https://www.lifeline.org.au)

# COVID-19

Covid-19 has brought a lot of rapid changes to our day to day life. We are changing to a whole new way of doing things and it's tough! It is okay to find it challenging. It has been happening so fast that we weren't ready for it. Feeling unmotivated, tired and overwhelmed is a totally justified and normal response! Let's hear how others are finding the transition:

**"I'm feeling anxious about my HSC and feel very disoriented without my normal routine in place. This sometimes makes me feel like I'm failing or not living up to my usual standards. It's hard not having the social structures in place with my friends and teachers at school who are my biggest supports through my HSC year. I feel like I'm missing out on what I've been looking forward to for so long and feel like I'm not allowed to be upset about it because there's worse things going on."**

**Satine, 17**

**"I feel more independent but at the same time lonely"**

**Cameron, 16**

**"It has been difficult to adapt to online learning especially at home with so many distractions"**

**Kyra, 18**

**"I made a few new friends at the start of the year and now not being able to see them at all is making me feel like it's going to be hard to reconnect when things go back to normal."**

**Mark, 22**

**"Some days I feel fine and I am thankful for more time at home, to slow down and to rest. Other days I feel frustrated, I am not being as productive as I usually am and I miss seeing my friends."**

**Corinne, 23**

Do you relate to any of these? It is okay to find this transition hard. It's normal to feel like you haven't adjusted yet

# dealing with big feelings

This can be an emotional time. Our feelings can change from day to day. Some days we might feel okay and other days we might not. We might feel scared. Afraid of the uncertainty. Afraid of getting sick.

We may experience grief from the things we don't get to do this year, the things we were looking forward to: graduation, school formal, holidays, experiencing our first year of uni or our final year of school.

We can be sad as we grieve the loss of jobs, the loss of freedom to go out and see our friends.

Even our teachers, parents, lecturers, tutors and bosses can be experiencing a mixture of emotions. It is complex.

Although we are all going through this pandemic together, we can experience it differently from one another, and that is okay.

# managing expectations

Our sense of routine and structure has rapidly changed. That means our expectations also need to change. Instead of thinking about what you're not doing, think about what you have achieved.

Did you shower? Eat a healthy meal?

Make someone smile?

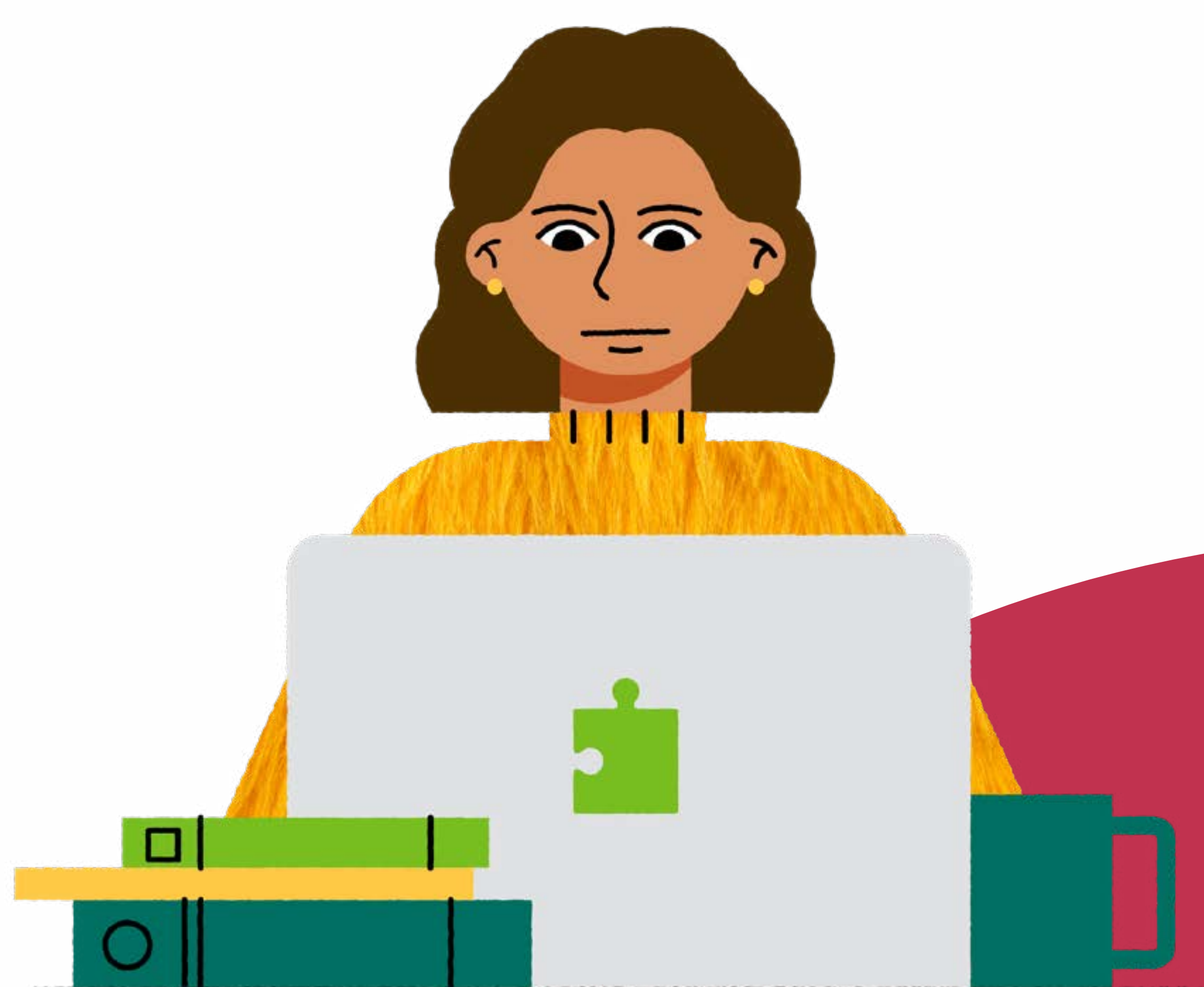
Reward yourself for completing every day tasks.

Give yourself more breaks in the day. You may not be able to focus for as long as you once did and that's okay.

Lessen your schedule load, and add in activities that will make you smile.

Assignments may take twice as long to complete, so break your schedule down into shorter and more achievable tasks. You may need to adjust your schedule depending on how you're feeling and that's okay.

You may feel focused one day and unmotivated the next.



# learn some help seeking skills



We recognise that making an initial phone call, web chat or online forum can be hard, especially at the moment we really need it. We find it helpful to check out the websites and services, so we're familiar with what it looks like. Maybe even create an eheadspace account and have a browse of the options available, and how they work. This way we take away part of the unknown element about reaching out in the moment we need some help for us or for a friend.

Here's some ideas of strategies, services and websites you might like to be familiar with:



If you ever feel that you are: down, stressed or can't stop worrying, can't deal with school or finding it difficult to concentrate, worried about your health, want to cut down on your drinking or drug use, want to talk about sexuality, identity or sexual healthcare, having difficulties with friendships, relationships or bullying, headspace Miranda is a place you can go to talk to someone about any of these issues. Call us on 02 9575 1500 - currently offering appointments via telephone or zoom [headspace.org.au/miranda](https://headspace.org.au/miranda)



At eheadspace you can talk 1-on-1 with an eheadspace clinician via an online chat or via email. You can also join group chats which cover a variety of helpful topics and are a great way to learn from other people's experiences. [headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)



bite back provides six weekly challenges to help you improve your mental fitness, increase your happiness, reduce stress, improve your friendships and your focus. [biteback.org.au](https://biteback.org.au)



Kids Helpline, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 call on 1800 55 180 or <https://kids helpline.com.au/>

# do some things that make you smile

Make sure you dedicate time to things that make you smile. It's easy to forget to spend time doing the things we enjoy, especially when overwhelmed by study or life in general. But it's okay to take time for yourself and enjoy other activities.

Some ways you could add these activities to your regular routine might be to:

- Brainstorm all the things you enjoy doing
- Aim to do at least one thing per day that makes you happy
- Remind yourself to do this by setting an alarm or writing it down



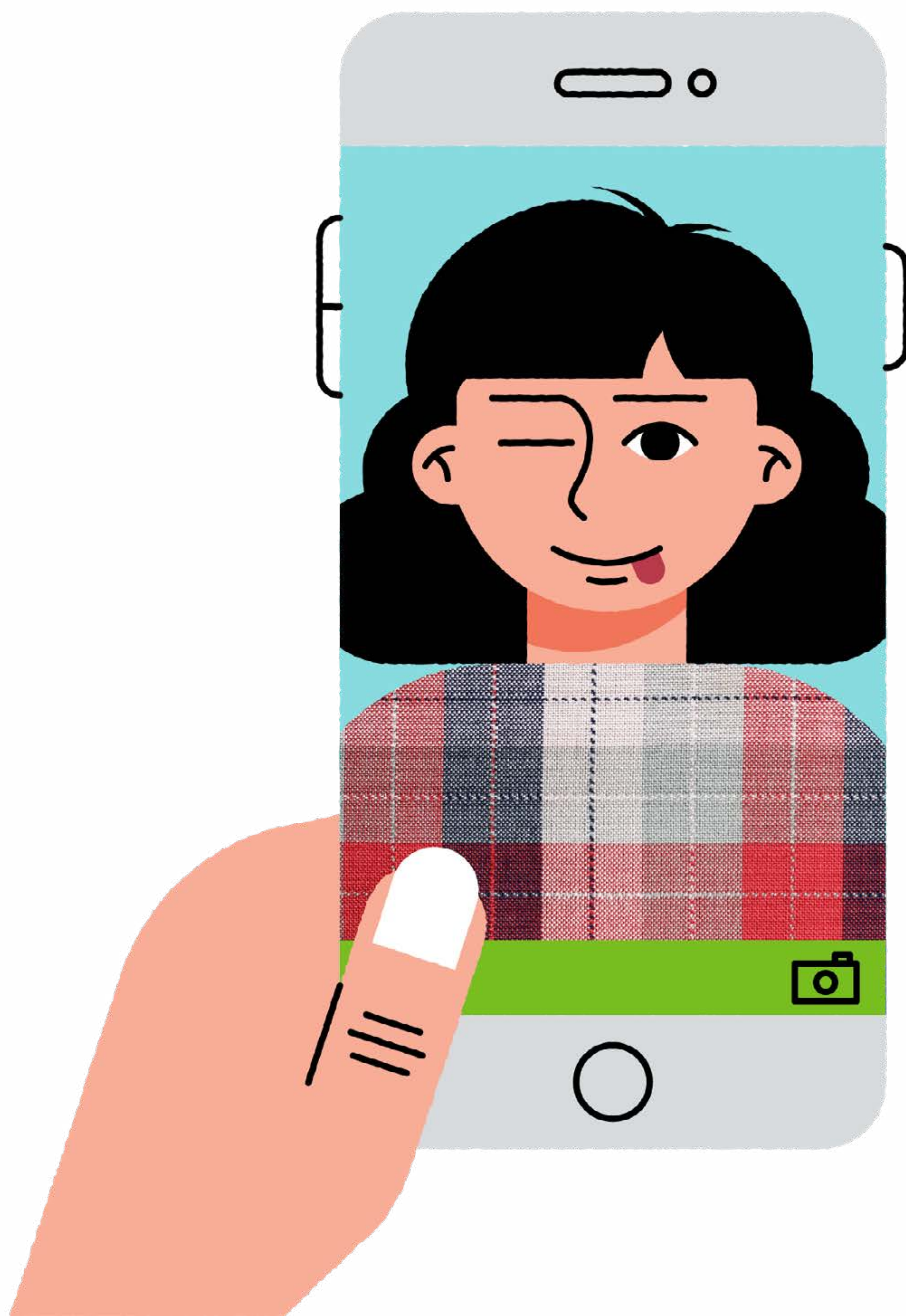
## quick tips

- **be kind to yourself**
- **celebrate the little things**
- **try not to compare yourself to others**
- **get 10 minutes of sun and some fresh air**
- **create a realistic routine**
- **give yourself breaks**
- **make a to do list and tick off a few small tasks each day**



**Keep up to date and get support by  
engaging with us on social media  
or click here to be taken to further  
resources:**

**[awesome apps and services here](#)**



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