

Tips for Virtual Learning

SELF MOTIVATION

Now that we're in remote mode, most of us are feeling a little extra-challenged in engaging in our work. While it's a challenge, there are steps you can take to feel more motivated to engage in your work.

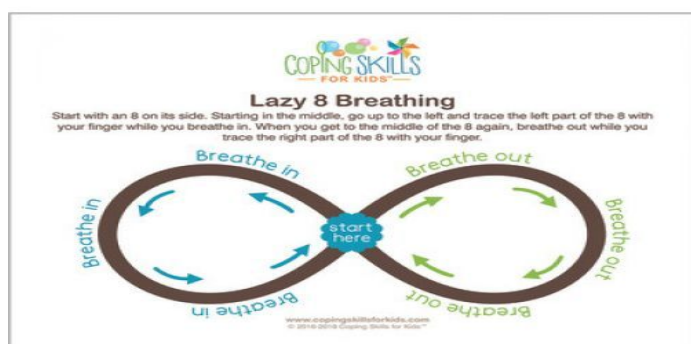
- ★ Set a daily schedule and stick to it
- ★ Set up a competition with yourself to get school work done
 - Set a timer and give yourself a challenge. Turning tasks into a competitive game is both fun and most importantly, motivating
- ★ Reward yourself
 - If you're going to compete against yourself, then you should earn a reward. Rewards can be as small as a 5 minute break or bigger like buying a special treat
- ★ Break tasks into smaller chunks
- ★ Identify and utilize your support system (parent, friends, teacher, etc..)
- ★ Make lists and check off completed tasks as you go
- ★ Get outside for fresh air every day and get exercise every day
- ★ Put post it notes around your work area with inspirational quotes
- ★ Take time to destress and relax using a [calming room](#).

PRIORITIZE YOUR MENTAL HEALTH

Staying motivated can be near impossible when your mind is filled with anxieties. No work technique is going to keep you motivated when stress is unmanageable, and there is a lot to be stressed about right now. Taking care of yourself can help you to better manage your mental health during this time, so make sure you aren't letting the basics fall through the cracks. Try to move a bit each day with a walk around your block or an [online yoga class](#). Take time to eat balanced meals, and try not to work through lunch - step away from your laptop and take a lunch break. Don't stay up until two in the morning. Maintain a normal sleep schedule, and aim to get at least eight hours of sleep a night. Allow yourself time to enjoy TV and social media, but try to reduce how much time you spend listening to pandemic news. Limit yourself to reading pandemic-related news for only a short amount of time in the morning, and then leave it alone. Stay informed from reputable sources, but avoid getting wrapped up in constant news coverage that will only heighten anxiety.

Please remember that if you're struggling and need to talk to someone, please reach out!

DEEP BREATHING



I NEED MORE HELP Local / National Resources

National Alliance of Mental Health (NAMI) Waukesha
Mental Health and Peer Support: (262) 524-8886
Family Support Services (262) 409-2743
Teen & Young Adult Text Support - Text (262) 993-6903

National Suicide Prevention Hotline - 1-800-273-8255

24/7 Crisis Counselor - Text HOME to 741471