

How to maintain motivation working from home (OT Edition)

In addition to creating a schedule, working in small blocks of time, limiting distractions, dressing for the job, here are some other tips from an OT lens.

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Make time for activities that are meaningful to you

As we all know occupation is a means of generating intrinsic motivation. However, many of us have lost sight of our meaningful activities through the pandemic; i.e.: sports, seeing loved-ones, going to bustling restaurants etc. Motivation can be enhanced when we have something to look forward to: nature walks, puzzles, home decor, etc.

Source: Mee & Sumsion, 2001



Prioritize your mental health

If you're finding it more difficult to find your motivation (not just for work), then maybe it's a good time to consult with your doctor, see a counsellor or consult with your manager about accommodations. It shows tremendous strength to prioritize your mental health.



Tidy up

Decluttering has been proven to provide a calming effect, improve a person's mood, and provide a sense of satisfaction and accomplishment (key to motivation). As an added bonus you're getting some steps in!

Source: Saxbee & Repetti, 2010



Self-compassion

"It is vital to practise self-compassion" reports Rachel Thibeault in her free CAOT webinars Pathways to resilience: Strategies for a world in upheaval (www.caot.ca/COVID19). It's an art that needs to be practiced like any other skill. A bonus: it enhances motivation.

Source: Thibeault, 2020



Take naps / rest

A 5, 10, 15-minute lie-down can go a long way. Take advantage of the fact that you are working from home. If you're feeling unproductive or you're dozing off at your screen, treat yourself to a quick snooze. For the best results on motivation and productivity, nap for 30 min or less and before noon.

Source: Dhand & Sohal, 2006



Experiment with different strategies

Find what works for you. Sometimes naps don't suit some, but using a reward system works great. Some benefit from meditation, and others yoga, while others belting out to heavy metal music. Not one size fits all, so find what size fits you!



Hold yourself accountable

Like having a gym buddy, you can also have a self-care buddy, walking buddy, sleep buddy, and so on. Someone that can hold you accountable in your goals; whether that be going to bed earlier, going on afternoon walks, taking scheduled breaks, and so on. Sometimes it's easier to justify other people's self-care than our own, and this can be a great way to give ourselves that extra reassurance that it's okay to do what you need to do to maintain healthy motivation etc.

