



Pause, Reset, Nourish: Activate to Motivate

WHEN TO USE

- When you are feeling down or depressed
- When you've stopped doing the things that you used to enjoy
- When you find it difficult to do even basic tasks like getting out of bed, hygiene practices, etc.

CATEGORY

Connection strategies that shift mood.

THE SCIENCE BEHIND THIS PRACTICE

When people feel down or overwhelmed, they can stop doing the things that they enjoy.

When people stop taking care of themselves and doing the things they enjoy they actually feel worse.

Emotions are embodied or in the body and by repeatedly engaging in activities that previously brought pleasure these more pleasurable feelings can be activated.

Getting activated can help to increase engagement in activities, while improving your mood.

OVERVIEW

Activate to Motivate is about **increasing engagement** in activities and **decreasing avoidance** as a means of **improving mood**. Some things to consider before you start:

- Push yourself to purposefully do fun and enjoyable activities, even if you don't feel like it and be curious about what happens
- Noticing your accomplishments with these tasks, no matter how small
- Trying to get into a routine

WHAT IS NEEDED	A list of activities that you enjoy and any items you require to do that activity.
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?

<p>RESET</p>	<p>Some things that you can do to make yourself feel better include:</p> <p>Ask yourself,</p> <ul style="list-style-type: none"> • What activities have you enjoyed in the past? • What hobbies did you have growing up? • What have you always wanted to try that looked like it would be fun but never had an opportunity to try? <p>Make a list of activities that you enjoy. Choose 1 or 2 activities from your list that you can commit to start doing.</p> <p>Make a daily schedule and incorporate your activities into the schedule.</p> <p>Consider which of these activities could be done at work during break or downtime?</p> <p>Include even simple tasks into your schedule, including showering, eating meals, etc and doing these with presence and attention perhaps noticing how these simple tasks can be pleasant.</p> <p>Take time each day to check things off your schedule that you have completed.</p> <p>Encourage yourself to get activated or “just do it” even when it feels impossible.</p>
<p>NOURISH</p>	<p>Notice once again what is here for you now with curiosity and without judgement after you have engaged in the activity. Take note of any shifts or pleasant sensations, even small ones. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p>
<p>FURTHER RESOURCES/ REFERENCES</p>	<p><i>Adapted by 3G-Child & Youth Mental Health Inpatient Unit, McMaster Children’s Hospital, HHS from Feeling Good-The New Mood Therapy by Burns ,D. D. (1999).New York: Harper.</i></p>

NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.