# Top 4 Ways to Stay Motivated

## Tips to help you survive pandemic fatigue and manage stress at work

Work can be a drag some days, especially this year when we’ve been stuck at home with nowhere to go and no stimulation to boost our moods. You may be feeling particularly upset due to the lack of social interaction with co-workers—no more happy hours, no more office socials. How do you find ways to still feel enthusiasm for your daily assignments and to stay engaged with your work? I offer some tips below.

1. Break up your tasks into smaller pieces.

- If you break up your work into small parts, you won’t feel overwhelmed at the thought of having a big assignment that you aren’t motivated to complete. For each small portion you’re working on, set a timer for yourself so you don’t leave your desk until you’ve accomplished that portion.

2. Reward yourself for completing each small task.

- After you complete each small task, reward yourself with something. Maybe have a little snack break or YouTube break. The rewards act to incentivize you to finish your work.

3. Take a short vacation.

- You may be feeling unmotivated to work because you’re burned out. The feeling of burn out comes on when you’ve overworked yourself so much that you’re just completely wiped and not even more money or more positive recognition is enough to motivate you to achieve and do more. When this happens, it’s time to take a vacation. But don’t take a long vacation because it may make you want to work even less since you’re really enjoying yourself on vacay.

4. Keep a gratitude journal.

- Science has shown that when we think about the things that we’re grateful for in life, we tend to be happier and more productive. When you wake up in the morning (or the night before), you should write down three things that you’re grateful for. Could be people or objects. There’s a great journaling book called One-A-Day that you can try.