

WHAT TO DO WHEN...

**YOU ARE FEELING
BORED, FLAT OR
UNMOTIVATED**

IF YOU ARE FEELING BORED, FLAT OR UNMOTIVATED...

**SPEND MORE TIME DOING
THINGS THAT YOU THINK
ARE IMPORTANT**

Ask yourself, what do you believe matters? Make a plan for how you can spend more time doing those things – share it with others and make sure it's achievable

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IF YOU ARE FEELING BORED, FLAT OR UNMOTIVATED...

WHEN YOU FEEL UNMOTIVATED, START DOING SOMETHING ANYWAY

It's normal to find it hard to do things when you're unmotivated. **Start small – what action can you take right now towards doing something important to you?** Even if you don't achieve your end goal, you will learn something by trying.

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IF YOU ARE FEELING BORED, FLAT OR UNMOTIVATED...

PAY ATTENTION TO HOW IT FEELS TO DO THINGS

Rather than focusing on your thoughts, **focus on what you're doing**. Notice what is going on around you. **Record the time you spend on daily activities** so you can recognise what makes you feel good.

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IF YOU ARE FEELING BORED, FLAT OR UNMOTIVATED...

BE KIND TO YOURSELF

Remember, it's understandable to feel bored or unmotivated! Making changes can be difficult, and can take time. Try to notice and **challenge any negative thinking that is getting in the way.**

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IF YOU ARE FEELING BORED, FLAT OR UNMOTIVATED...

IF HOW YOU'RE FEELING IS
CAUSING YOU TO STRUGGLE
SO MUCH THAT IT IS
GETTING IN THE WAY OF
DAILY LIFE, IT IS IMPORTANT
TO SEEK HELP

More information can be found here:
<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

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