



FEELING BORED & UNMOTIVATED



I'm so bored

But I can't be bothered to do anything...

What should I do?

Hmm idk – what's important to you?

Wdym?

I mean different things are important to different people

Like I care about having good friends

Being fit and healthy

And helping my family out

Yeah... so?

Work out what's important to you and spend more time doing that



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But how do I do that?

Idk where to start

Maybe try thinking small to start

What small thing could you do rn?

How is doing something small gonna help?

Even a small step is a step 😊

And then you can make a plan about the bigger things you can do

Sounds like a lot of effort tbh

Yeah I get that

It's normal to find it hard to do things when you're unmotivated, but give it a go!!

You'll feel better when you start



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I probably won't get anywhere with it anyway though 😞

You should be proud of yourself for any progress that you make – even if it's small 😊

Yeah, I just get distracted by my own thoughts

You just need to get out of your own head

How do I do that?

It can be difficult tbh

I try and concentrate on what I'm doing and pay attention to what's going on around me

Sometimes I track how I spend my time so I know what makes me feel good and what doesn't



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I just get so frustrated at myself for finding it so hard to get motivated in the first place

Yeah but making changes takes time

You should go easy on yourself

I can't even do my school work or see my friends rn.

I just can't be bothered

Have you spoken to anyone about it?

No, not yet

Maybe you should ask for help

Idk, maybe

Who should I ask?



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You could talk to a friend or someone in your family

Or even the GP

You can also look here for more info - <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

Yeah I'll think about it

Okay I'll take a look

Thanks 😊

Anytime 😊