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## Blog

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### When I lose Motivation: five suggestions to get back on track by Amanda

Posted by SANE  
21st Jun 2018

Here lately I have been losing my motivation. So here are my top five suggestions that I use to get my motivation back.

1. Make a to-do list: For me I make a small list. Up to five items that I know that I can achieve. Once I am done with that task I cross it off.
2. Go for a walk: I really start to lose my motivation if I have not walked for a few days. Walking makes me feel good and it gives me energy.
3. Get a support system: This can be a member of your family, friends or even a mixture of the two. I have a very supportive grandpa, and a great group of friends who listen to me, offer praise, and give me a reason to achieve my goals.
4. Find a reward system you love: Once a goal has been achieved, give yourself a small reward. Anything will do such as an extra phone call to a friend, a long hot bath, ect.
5. Decide to stay motivated and to have motivation: I know that it is easier said than done, however for me it is about making up my mind that I am going to get motivated and to have motivation every day. Sometimes that's the best motivation of all.

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## SANE Mental Health Charity

### What we do

Black Dog Campaign  
Black Dog Tribe  
Mental health campaigning  
Mental health research  
Suicide research  
Self-harm research

### How you can help

Join the SANE community  
Become a SANE Services volunteer  
Become a SANE media volunteer  
Write a mental health blog  
Send a Text Save a Life  
Join us on Facebook, Twitter and YouTube

### Donate

Make a single donation  
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### Emotional support

Mental health Support Forum  
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Support via text  
Support in a crisis  
Self harm  
Depression

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