



Managing Mood and Motivation During Challenging Times

'Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.'

Dale Carnegie

Are you experiencing any of the following problems?

- Finding it hard to manage your own mood and motivation in the face of challenges within your business, at work and/or personal life.
- Feeling overwhelmed by problems in and out of work, much of which is out of your control (the economic climate, swine flu, etc.).
- There are things you want to achieve but for some reason you cannot find the motivation to do them.

In the current times there may be many challenges that you face and concerns that you have. This might include the current economic climate, swine flu, partner being made redundant, and the fear of your own redundancy or your business slowing down. Along with all the usual day to day challenges we face in meeting deadlines, dealing with challenging interactions, concerns about the health and happiness of loved ones, children's education, etc. How we manage our mood and motivation during these times is crucial to our success, health and happiness.

'Connecting with one's dreams releases one's passions, energy, and excitement about life.'

Daniel Goleman

Top tips for managing mood and motivation:

1. ***Focus on what you can directly influence*** – We can drive ourselves to distraction by focussing on and worrying about all the things that concern us and impact on us, that we have no direct control over. Therefore, write down everything that is directly within your control, which will include your thoughts, feelings and behaviour.

2. ***Control your anxiety by taking action*** – Identify two or three actions you can take each day related to what you can directly influence. Joan Baez said '***Action is the antidote to despair***' and it is so true. When you get busy working on what you can influence, you start to feel more in control.
3. ***Visualise success versus failure*** – It is easy to get caught up in other people's doom and gloom and start to see only difficulties, problems and even failure. This can become a self fulfilling prophecy as your thoughts affect how you feel and then how you behave and perform. So look up and visualise success, whether that is a successful day, meeting, project or year!
4. ***Make yourself indispensable*** – Depending on your job this might be by being indispensable to your employers or to your clients. One client of mine said he had survived three rounds of redundancies in his career as he had worked very hard and become indispensable to others, thereby avoiding being made redundant. What can you do to become indispensable?
5. ***Do things out of work that raise your spirits*** – What is it that you enjoy, what energises and motivates you? This might be sport, exercise, hobbies and interests. Or just being with certain friends, reading particular books, watching your favourite movies. Getting physically active whether that is walking, digging the garden, dancing or other activities which will raise your energy levels enabling you to take positive actions.

'If you believe it will work out, you'll see opportunities. If you believe it won't, you'll see obstacles.'

Dr Wayne W Dyer

Click [here](#) for an article on **Supporting Others Through Challenging Times**.

Specialist Advice and Guidance

Melanie can provide both in-house and public workshops, as well as 1:1 coaching around this and other topics. For more information or to book on one of her public workshops call Melanie Greene on 01865 377334 or email her at mg@grovelands.org.uk

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