

# WHAT TO DO WHEN YOU DON'T FEEL LIKE DOING ANYTHING

## What to Do When You Don't Feel Like Doing Anything

You're bound to have moments in your life when you don't even feel like getting out of bed. You lay there in bed, just staring at the ceiling, thinking about how miserable you are.

Those feelings might be some mild form of depression. It could also be an emotional drain caused by stress at work or in your personal life. It could be that you're just not feeling motivated. Whatever the reason, it's important to **remember that how you think doesn't define who you are.**

So, if you're feeling down, it doesn't mean you're a failure. **It just means you're human.** It's important not to go through your day feeling miserable. Instead, try escaping into a good book or watching a television show that makes you laugh. Take up a hobby that you're passionate about and devote your time and energy to that.

You'll soon find yourself feeling excited about life and ready to take on any challenges that come your way.

**So what else can you do when you don't feel like doing anything? Try these strategies:**

1. **Remember your why.** It's tempting to wallow in self-pity when you don't feel like doing anything. But, if you **remind yourself of why you're doing what you're doing**, you'll have more incentive to keep going.
  - Perhaps you want to buy a piece of property, or you need to save more money for a big trip, or you're in a job you hate. Whatever it is, your "why" will help to keep your mind focused on its most important goal.

2. **Take a shower.** A shower doesn't just make you feel clean. It also makes you feel refreshed and renewed. So, if you're feeling down, take a quick shower. **It'll make you feel better, and it'll be the first step in getting out of the funk.**

- When you're feeling low, a shower can make you feel better in just a few minutes.

3. **Just like a shower, try getting up to floss.** Flossing, brushing teeth, and rinsing your mouth with mouthwash isn't going to solve all of your problems, but they can make you feel a little bit better.

- The goal with flossing is it gives you the idea that at least you did one productive activity that day.

4. **Chop it down into manageable tasks.** When you're feeling totally unmotivated, you have two options. You can curl up into a ball and give up, or you can force yourself to do something.

- So, what is your big goal? It might be to save \$10,000, go to Paris, or help someone in your family feel better. Write it down and break it into smaller goals.
- For example, you might set a goal of 500 words per page or 30 minutes of exercise per day. Most people can stick with goals like these.
- The reason why breaking down tasks into manageable pieces is efficient is this: when you don't feel like doing anything, you could feel intimidated by the sheer size of the goal. **Breaking large tasks down makes it easier in your mind.**

5. **Speak to your doctor.** If nothing is helping, make an appointment with your healthcare provider.

**It's important not to let the little things get you down.** Life can be difficult at times, but you can make it a little bit better by changing your attitude. Don't just think about putting one foot in front of the other, but also think about what else you can do. You'll be glad you did!