

# Motivation and Resilience

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# Disclaimer

Although Lauren and Megan work for the Johns Hopkins Health System as occupational therapists, the viewpoints and opinions presented in this presentation are their own and do not represent the Johns Hopkins Institute





# Topics

- 
- Why talk about motivation and resilience??
  - Common pitfalls that lead to low motivation
  - Personality traits and motivation
  - Internal vs. External motivation
  - Strategies to improve motivation
  - Resilience
  - Overcoming setbacks
  
  - \*\* = discuss a study



It doesn't matter if you're a cat person or a dog person, we've all felt this way

**THIS IS AS FAR AS I'M WILLING TO GO TODAY.**

**NOPE.**

We are human...give yourself a break for feeling this way...

...but giving yourself a break is different than giving up...

# Why we want to talk about and address motivation...

- A loss of motivation can be a symptom of something bigger...
  - Lack of motivation can be a symptom of depression and/or anxiety and should be reported to one's doctor.
    - Amotivation: A lack of motivation to engage in an activity
    - Anhedonia: Inability to feel pleasure
    - Avolition: Lack of motivation

# Why we want to talk about and address motivation...

- Or a loss of motivation can be a catalyst for negative outcomes
  - It can make it difficult to follow through with treatment/exercising
  - It can impact pain levels
  - It can increase anxiety, depression, feelings of nervousness/worry/guilt
  - It can cause isolative behaviors
  - It can lead to unhealthy lifestyle behaviors
  - It can lead to choosing the “easy way out” or unhealthy coping mechanisms to deal with problems
  - It can lead to avoidance behavior, allowing the problem to worsen

**\*\* An evaluation of the effects of being regarded as "unmotivated"**

**\*\* The Effect of Low Morale and Motivation on Employees' Productivity & Competitiveness in Jordanian Industrial Companies**

**\*\* Mind wandering, motivation, and task performance over time: Evidence that motivation insulates people from the negative effects of mind wandering.**

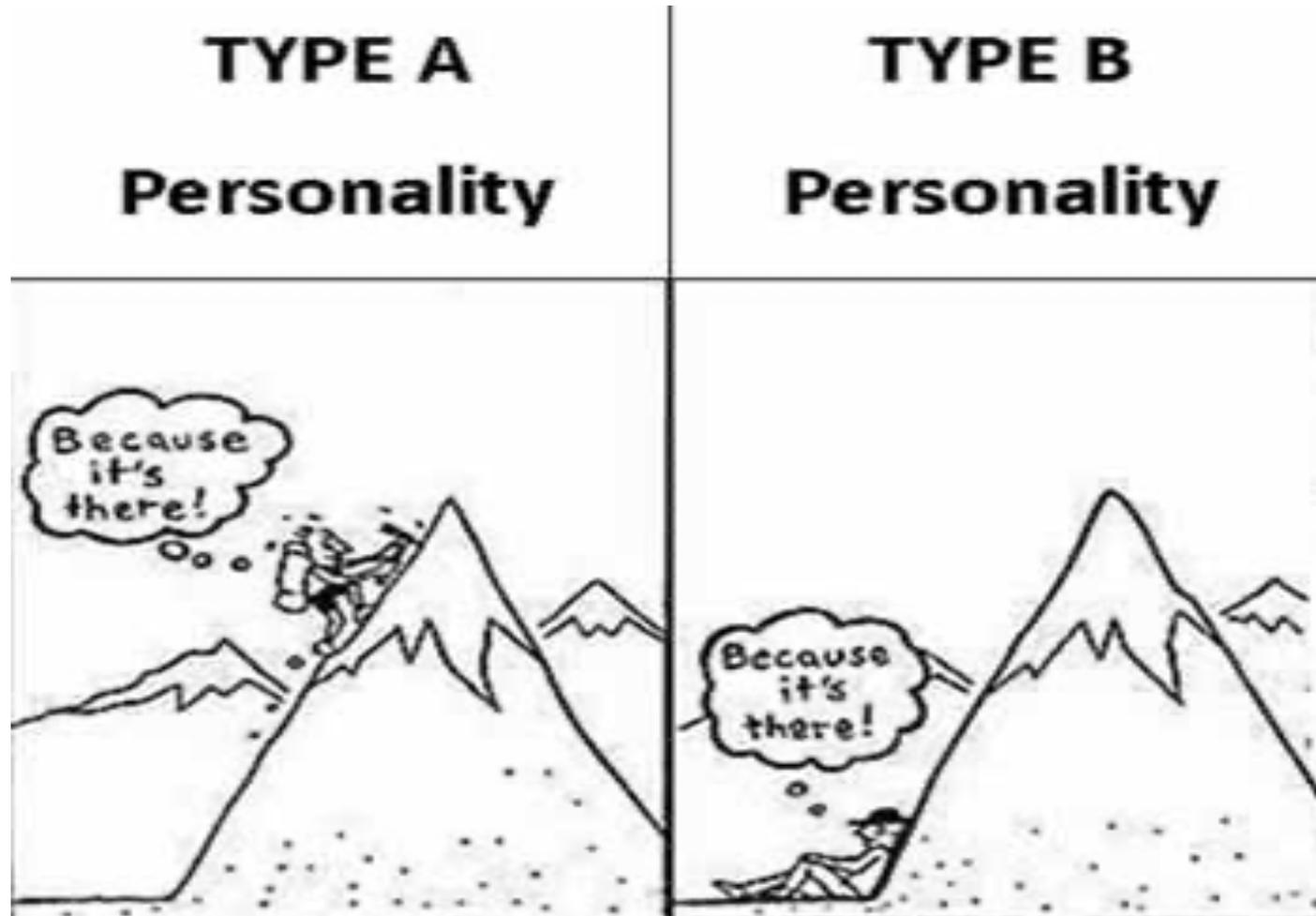
Again...We are human...give yourself a break for feeling this way at times...

But now let's learn more about it and ways to overcome it or mitigate its effects!

# Common pitfalls that lead to low motivation

- Pain
- Anhedonia- A mental health symptom (loss of pleasure)
- Not having enough to do - or - being overwhelmed by what you have to do
- Apathy/ Hopelessness / Lethargy / Feeling sorry for self
- Medication side effects
- Too much / Too little rest
- Poor nutrition
- The time of the year- Anniversaries, Seasonal Affective Disorder
- Lack of goals / direction- “I don’t know what my next step is”
- You’ve made ‘lack of motivation’ part of your identity
- *Having an unpredictable and/or progressive disease*

Personality also effects motivation...



# Type A

- Competitive and self-critical.
- Work is often the driving force in their life.
- Easily 'wound up' and tend to overreact.
- Experience a constant sense of urgency.
- Quickly become impatient with delays and unproductive time
- Easily aroused to anger or hostility
- Ambitious
- Rigidly organized
- Sensitive
- Anxious
- Proactive
- *Do not like ambivalence*

# Type B

- Tend to be more tolerant of others
- More relaxed
- More reflective
- Experience lower levels of anxiety
- Display higher level of imagination.
- When faced with competition, they may focus less on winning or losing and more on enjoying the game regardless of winning or losing.
- Not focused on outcomes or time management

# Reflection

- Before we move on, take some time to think about the common causes of loss of motivation and personality traits that you may have that may cause lack of motivation
- This is the first step!!

<https://www.youtube.com/watch?v=kGusd0HKvtY>

# Where does motivation come from?

- Internal Motivation

- We act without any obvious external rewards. We simply enjoy an activity or see it as an opportunity to explore, learn, and actualize our potentials.

Pride

Achievement

Happiness

Attention

Anger

Respect

Fear

Love

Morality

Competition

Fun



**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU FOR**

# Where does motivation come from?

- External Motivation

- Behavior that is driven by external rewards such as money, fame, grades, and praise. This type of motivation arises from outside the individual

Money

Self-help books

Music

Colors

Weather

Time of day

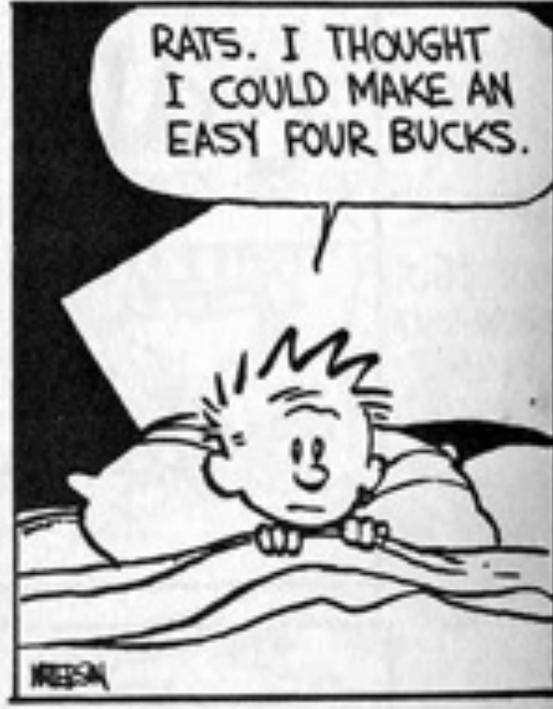
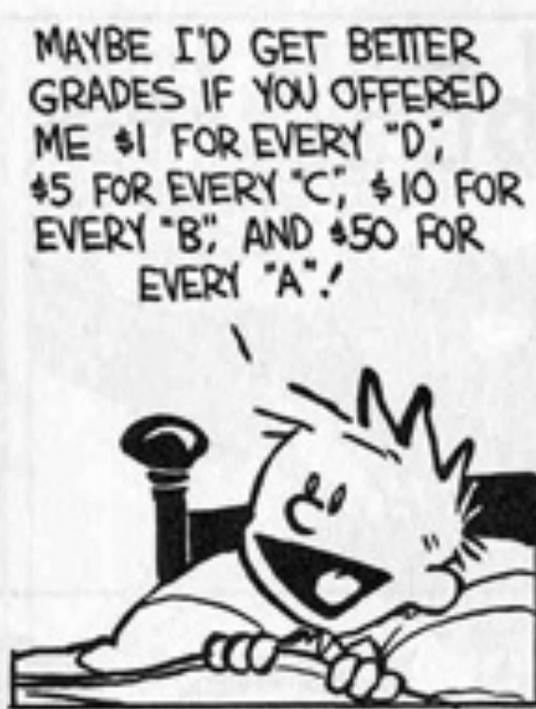
Daily structure

Goals / Rewards

Medals

Promotions

Other people- motivational coach, accountability partner, verbal praise, examples set by others, *PT/OT/MD*



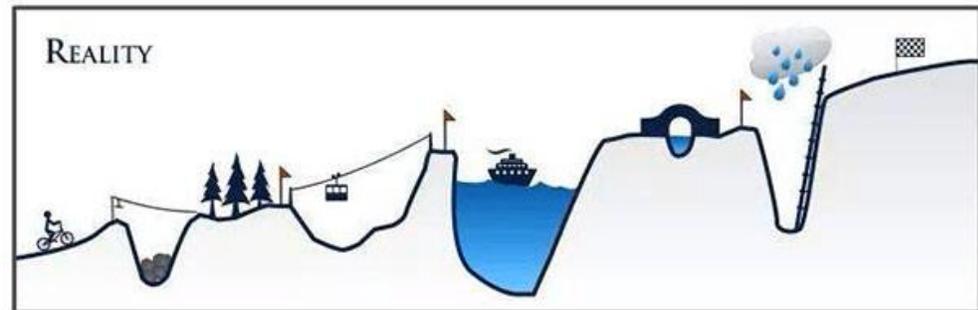
# Where should you get your motivation from?

- According to Maslow...our best potential is when we reach self-actualization which means most of the motivation comes internally.

\*\* Self-determined motivation predicts independent, home-based exercise following cardiac rehabilitation.

However...

this is what happens most often...



# Times to use external motivation

- External rewards can induce interest and participation in something in which the individual had no initial interest.
- Extrinsic rewards can be used to motivate people to acquire new skills or knowledge.
- External rewards can also be a source of feedback, allowing people to know when their performance has achieved a standard deserving of reinforcement.
- **EXERCISE**

# External Motivation and Exercise

- Visual exercise logs
- Rewards...Rewards...Rewards
- Break up the exercise routine into smaller parts
- Exercise in a unique way
  - Hiking, biking, water aerobics, pickle ball, baking bread with your hands...
- Other people can and should join in!
- Support groups/Online support
- Physical and Occupational Therapy

# Additional Strategies to Improve Motivation

- **Break tasks down**
- **Music**
- **Proper Nutrition**
- **Medication**
- **Affirmations**
- **Get proper rest**
- **Time of the Day**
- **Time of the Year**
- **Call in reinforcements**
- **Set goals**
- **Reward yourself**
- **Make the activity as appealing as possible**
- **Focus on the end result**
- **Just get started!**

# Mantras you can remind yourself

- "The best time to plant a tree was 20 years ago. The second best time is now." – Chinese Proverb
- "People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily." – Zig Ziglar
- "Too many of us are not living our dreams because we are living our fears. " --*Les Brown*
- "You miss 100% of the shots you don't take." – Wayne Gretzky

Great...you're motivated for the present moment...now let's talk about the long game...

...let's talk *resilience*

Resilience: *The ability to “bounce back” when things don’t go our way.*

- Skills of Resilience:
  - View a difficulty as a challenge, not as a paralyzing event
  - Look at failures and mistakes as lessons to be learned from
  - Develop a commitment to goals
  - Spend time and energy focusing on situations and events that you have control over
  - View effects of bad events as temporary rather than permanent
  - Have a positive image of the future
  - Do not think of themselves as victim
  - Remain open to new ideas

# Developing Resilience Skills

- Practice thought awareness
- Practice Cognitive Restructuring
- “Survivor’s Pride”
- Get enough rest, exercise, and learn to manage stress
- Learn from your mistakes and failures
- Choose your response
- Build your self-confidence
- Focus on being flexible

# Rational Emotive Behavior Therapy

- Used for athletes and studied among triathletes
- Goal is to foster self-determined motivation
- Focuses on thoughts/beliefs
  
- When facing adversity, it is their beliefs about the adversity that directs their emotional and behavioral responses, not the adversity alone.
  
- In other words, it is not events that directly cause emotions and behaviors; rather, it is one's beliefs about the events that leads to emotional and behavioral reactivity.

**\*\* The use of rational emotive behavior therapy (REBT) to increase the self-determined motivation and psychological well-being of triathletes.**

# Setbacks are going to happen...and you are not the first person to deal with them...

- First he dropped out of Harvard. Then his first business with Paul Allen, Traf-O-Data, failed. They went on to create a little company called Microsoft right after that. He now is worth 88.5 BILLION dollars

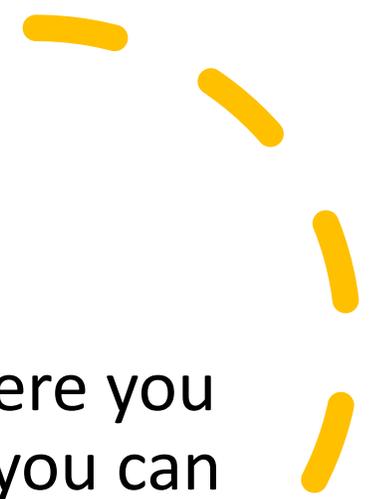
## **Bill Gates**

- His first novel was rejected 30 times. He threw the manuscript entitled "Carrie" in the trash. His wife pulled it out and asked him to try one more time. His books have since sold over \$350 million.

## **Stephen King**

- He was fired by a newspaper editor because, "he lacked imagination and had no good ideas." After that, he started a number of businesses that didn't last too long and ended in bankruptcy and failure. He kept plugging along, however, and eventually created a popular rodent.

## **Walt Disney**



When you have a setback...

You can give up and stay where you are at (not a great place) or you can keep trying to move forward



Here are some ideas to help you keep moving forward...

# Step 1 – Acknowledge the setback

- **Eliminate Blame-** Things happen for no obvious reason sometimes.
- **REFRAME THE “FAILURE”-** View “failures”, as a learning experience.
- **DE-CATASTROPHIZE-** A negative experience is not always as terrible as it feels.
- **ACCEPT RESPONSIBILITY-** Carefully examine the events that led to this experience.

## Step 2 – Rest and Regroup

- **DO NOT MAKE DECISIONS WHEN YOU ARE EMOTIONAL-** H.A.L.T. (Do not make decisions when you are Hungry, Angry, Lonely, Tired).
- **GIVE YOURSELF SOME TIME-** Just as we need to allow time for wounds and broken bones to mend.
- **RE-BUILD YOUR SELF CONFIDENCE-** Make a list of what went well.
- **ACCESS YOUR SPIRITUALITY-** Spirituality can sustain us in times of uncertainty and difficulty.
- **A SETBACK IS A SETUP FOR A COMEBACK-** How great does it feel and how impressive is it, to overcome something that defeated you previously?

# Step 3 - Plan

- **THE SERENITY PRAYER-** Decide what you can control and take action
- **USE THE 5 STEP APPROACH TO PROBLEM SOLVING-** 1. Identify the problem 2- Brainstorm 3-Weigh the pros and cons 4-Implement an idea 5-Review the outcome
- **KEEP YOUR FOCUS ON WHAT YOU CAN CONTROL-** Don't get distracted
- **SET GOALS-** S.M.A.R.T.
- **ACQUIRE KNOWLEDGE-** Consult experts, do research, get second opinions. Become fully informed. Be your own advocate

# Step 4 – Take Action!

- **STEP OUT OF YOUR COMFORT ZONE-** Know going in you may need to do things in a different way or try something you are unfamiliar with. Embrace the idea of trying a new adventure!
- **JOIN FORCES-** Find positive people who will support you. Group support can often be helpful. Find a “coach”.
- **PERSEVERE-** Failure is not defeat until you stop trying.

# To summarize...

- You're human and it's okay to get off track and feel unmotivated....but if it lingers, talking about it to a medical professional is a good idea.
- There are a lot of causes to a loss of motivation, try to figure out yours.
- There are many ways to increase your motivation, both internally and externally, try some out!
- Even if we don't feel naturally resilient, there are strategies to boost those skills!
- Setback are expected, use them in a way to make you better than ever!



I can't  
do it

# References and Recommendations

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