

“Meh”

How your body feels:

DISTRACTED:

You want to focus but your mind keeps wandering.



BORED:

You can't seem to finish a task, no matter how hard you try.



DISENGAGED:

Time is running out. There's too much to do. Your brain shuts down.



Why do we get meh?

We feel unmotivated or uninterested

Something feels like too much work

We don't see the benefit of doing something

We feel like we can't do something, even if we try our best

Our brain needs less on it's plate.

Ways to process meh:

SET SMALLER GOALS



REMOVE DISTRACTIONS

SET A TIMER TO FINISH



REWARD YOURSELF FOR SMALL THINGS TOO

LISTEN TO ENERGIZING MUSIC



Feelings aren't bad! They are messages. Listening to them helps us take care of ourselves.

Lydia Fox