Day 5 - Staying Motivated

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When you start on your exercise routine for mental health, you might find that the initial motivation you had starts to reduce. This is completely normal, and the reason you want to start by scheduling it in, which eventually turns into a habit.

Here are some tips for maintaining your exercise motivation:

**Routines Become Habits**

Before you can start turning something into a habit, it needs to start with a scheduled routine. It might feel a bit forced in the beginning, but remember to choose exercises you love and that make you feel better. The more often you participate in them, the more you will actually look forward to it.

**Change Your Mindset About Exercise**

This isn’t the first time we have mentioned it, but it is just THAT important. You want to change your mindset about what exercise means to you. Sometimes when you only see exercise as burning calories or trying to achieve a toner body, you lose sight of the other benefits. For mental health, just change your mindset, thinking about how it relaxes you, reduces stress, relieves your anxiety, and improves your energy.

**Use This as Your Alone Time for Self-Care**

Self-care has been a popular topic recently because of how vital it is to your wellbeing, both mentally and physically. You can turn your exercise routine into your self-care routine, and keep it as your daily alone time. This allows you to benefit even more from it.

**Be Flexible with Your Routine**

If you are too strict with yourself, it can be easy to lose interest in it quickly, even if it is an exercise you love. This means if you’re tired after 20 minutes, even though you wanted to jog for 40 minutes, STOP. Take a rest. Some days, you might want to pick a different form of exercise, try a different time or different day. Routines aren’t meant to be set in stone, but simply give you a good place to start.

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