

If you are depressed, apply the following 3 things to get your spirit back

From now on, every time I feel depressed, the spirit will be sky-high.

There are days when we feel so bad, our lives are boring, depressed, we cannot do anything, our goals are not fulfilled, our work is delayed because of laziness, boredom, we don't want to do anything. this.

The goal is to set the list, when planning how much fun, the implementation time is not as I expected.



Most of us only know how to plan for work and plunge into doing it as a ephemera, but forgetting there are many important things that need to be taken care of to be more effective: feeling want to work - or motivation. So, how can we motivate ourselves? Here are 3 simple steps to regain motivation, you can do it every time you feel depressed.

Step 1: Always think positive



In another famous book about human motivation there is a paragraph: "Delay is usually in people who are in a bad mood. They think that will help them feel better."

So think again, when your mood is bad, your work usually never achieves high results, right?

Most, in military schools, let me train steel spirit for rookies, the commanders did not ask them to duel with each other, but taught them optimism.

So how to be optimistic while you don't feel that way.

The easiest way to stay optimistic in life is to work closely with the progress, pay attention to small achievements to improve your mood. According to experts from Harvard University, nothing creates more motivation than you have to really close your implementation process.

Step 2: Create your own rewards



Those of us are happy to receive rewards and of course no one can be happy and receive punishment. So combine both, to help you get motivated to work.

According to studies, most of human psychology will feel happy and excited to work when receiving some reward. So in life every time you accomplish a goal, reward yourself with a small gift, tailored to the current needs and economic conditions that allow. And if the reward doesn't give you the motivation to work, try doing the opposite.

For example, you hold a bill of VND 100,000 (or other par value), give it to your close friend for help. Please tell him that within a certain period of time, if you do not finish the task, just hold the money you give and drink milk tea.

Make sure you have an "emotional" work list right away.

Step 3: Get friends to pressure



Our grandparents had a sentence of 'losing ten thousand teachers to the same degree as you,' we humans often have very high self-esteem, even shame when being inferior to friends. So in order to have the best spirit to work, you should choose to 'play' with your colleagues who you admire to take that example to follow, then you will have more motivation to complete the item. Pepper has become bigger than ever.

When we want to change ourselves, join a group that has the strength of the need you want to change. For example, if you want to improve your English learning skills, then get acquainted, make friends with that same-minded group of friends, which will motivate yourself to learn the best.

In an interview, Carlin Flora, author of Friendfluence book (influenced by friends), said: "If you are in a group where everyone sets very high goals, you will do the same thing. seriously. "

Well, if you try to be yourself as a "need" condition, the surroundings are the "enough" conditions that lead you to success.

Have fun!

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