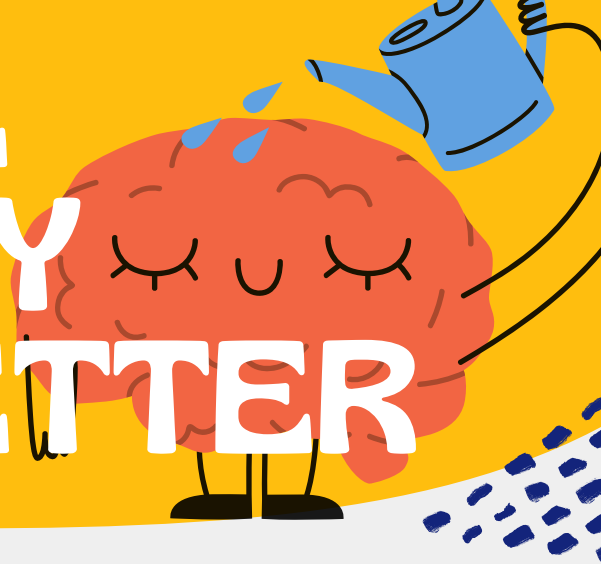




MENTAL HEALTHY NEWSLETTER



As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

Lack of motivation is often misinterpreted as laziness, when it could be a sign of something more severe. In fact, decreased motivation is a common symptom of mental health disorders such as depression and anxiety. Motivation is summed up as the desire to do something. It is enforced by drives, incentives, and a sense of accomplishment of your goals. While the term laziness is often a choice or preference, lack of motivation surrounds specific tasks and often looks like procrastination, inattention, feeling stuck or overwhelmed, and decreased interest or passion.

Take a quick moment to review this brief newsletter surrounding the factors that influence motivation and explore potential solutions to help.

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at kyeager@fpcctx.edu.



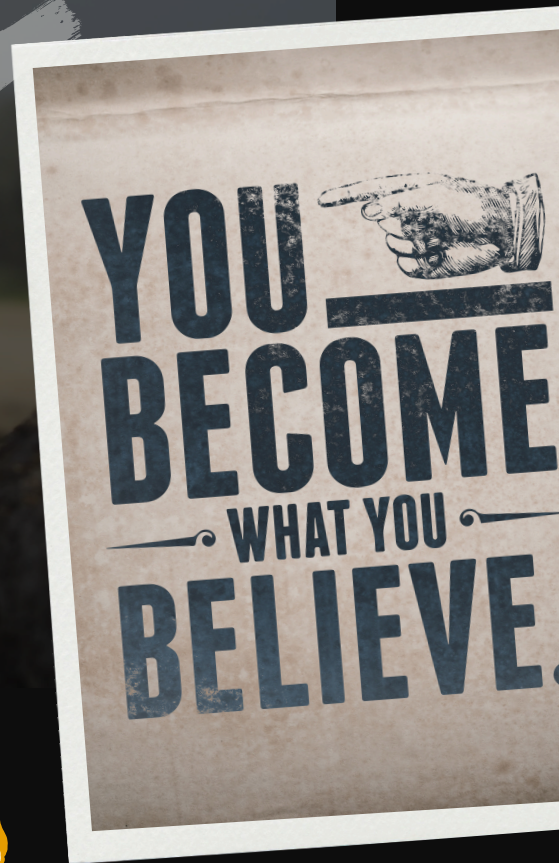
MENTAL HEALTHY

Newsletter

MO·TI·VA·TION: (NOUN); THE REASON OR REASONS ONE HAS FOR ACTING OR BEHAVING IN A PARTICULAR WAY; THE GENERAL DESIRE OR WILLINGNESS TO DO SOMETHING.

Motivation is a term that describes *why* someone does something; what pushes them. The process helps guide and maintain behaviors that gets you closer to your goals. So, what is the opposite of motivation? Unmotivated. Unwillingness. "Lazy" some might say.

Lack of motivation and laziness are not the same. Lack of motivation is not a *choice* to do minimal work. Low motivation is often misinterpreted as laziness, but it may actually be a period associated with something more significant, like depression or anxiety (McNally, 2024).



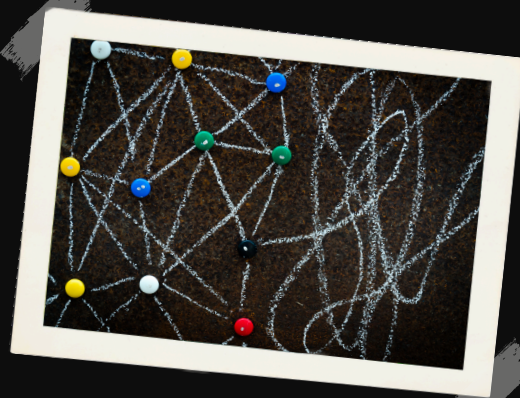
**"YOU'RE NOT
LAZY"**

A widespread misconception is that laziness is a result of lack of motivation. In truth, demotivation is frequently the result of cognitive and emotional factors that impact our motivation and ability to make decisions (Williams, 2023). Can you think of a time when even seemingly simple tasks appeared daunting? This feeling does not stem from lack of effort. Depression, anxiety, and other mental health issues can be significant barriers to motivation and exacerbate the cycle (Psychology Today, 2024).

READ MORE



WATCH NOW



MAKE THE CONNECTION

Symptoms of some mental health issues, like lack of motivation, can be mistaken for laziness. Realistically, many symptoms like fatigue can also mirror this cultural construct. However, these are *symptoms* -- symptoms of underlying reasons for your current state.

There is a lot of overlap between lack of motivation and "being lazy," and there are many factors that play a role in decreased motivation and fatigue. Understanding what is keeping you from functioning normally is helpful in addressing the problem(s).



WATCH NOW



THINGS THAT LOOK LIKE "LAZINESS," BUT AREN'T

"Laziness" is not a helpful construct to define the difficulties we face with overwhelming tasks. There are many factors that play an underlying role and are far more intricate.



PROCRASTINATION



MENTAL HEALTH DISORDERS SUCH AS ADHD, ANXIETY, DEPRESSION



LOW ENERGY/ FATIGUE



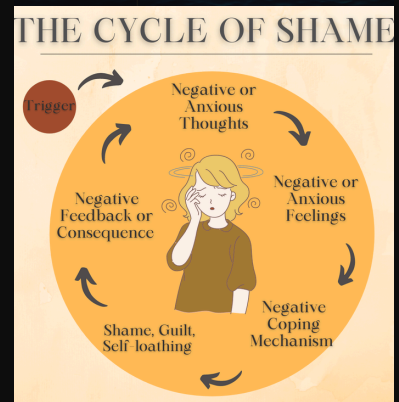
DIFFICULTY PRIORITIZING OR HAVING MORE WORK THAN CAN BE PRIORITIZED



COMPLETE EXHAUSTION/ BURNOUT



INCREASED APATHY



What can you do?

Feeling "lazy" and unproductive is normal, sometimes. It becomes a problem when it happens too often and causes significant distress or impairment in social, occupational, or other important areas of functioning. Setting these unrealistic expectations and taking on too much can quickly lead to burnout and eventually have us feeling stuck in this repetitive cycle that is hard to get out of.



Take a Mental Health Test:

[Depression Test](#)

[Anxiety Test](#)

[ADHD Test](#)

