# How to Stay Motivated to Study with the Winter Blues

Daisy Mason

As the days get shorter and the temperature drops, it’s easy to want to curl up under your duvet, hit ‘snooze’ and avoid your study materials altogether. The allure of a warm bed can sometimes feel stronger than the pull of your lecture notes, and the lack of sunlight can make even the most dedicated students feel sluggish and unmotivated. But winter doesn’t have to be the end of your motivation or productivity- with a few simple strategies, you can power through the season and effectively stay on top of your studies.

 Let Natural Light Work Its Magic

During the winter months natural light becomes a precious commodity. Shorter days and overcast skies mean less exposure to sunlight, which can negatively affect your mood and energy levels. Try to schedule your study sessions for the brightest part of the day- usually between 10am and 2pm- preferably choosing a spot near a window to soak up whatever sunlight is available. If you’re living space doesn’t get much light, why not consider investing in a light therapy lamp? These lamps mimic sunlight and aim to help boost your energy during those long, dark months.

 Create a Warm and Inviting Study Space

It is certainly true what they say, messy room, messy mind. A clutter-free space is vital to keep a clear headspace, which is more inviting than the remnants of last night’s takeaway on your desk. However, sometimes that just doesn’t cut it and the need for retail therapy is strong, so perhaps invest in comfortable blankets, a couple plants or even a fancy chai latte from the local coffee shop, all of which can make your motivation go from 0 to 60 in a matter of minutes.

 It’s a Marathon Not a Sprint

Tackling big tasks can feel overwhelming when winter is weighing on your energy levels, but instead of setting vague goals that you never actually stick to, break your tasks down into smaller, more manageable chunks. Not only does this approach prevent you from feeling discouraged, but it also builds momentum with each small win. An excellent way to do this, is studying for 25 minutes, then taking a 5-minute break- the Pomodoro method. These short bursts of focus, combined with regular breaks, helps maintain energy levels and most importantly, prevent burnout.

 Stick to a Routine and Move Your Body

A routine is a powerful tool to keep you on track, especially in winter when your bed seems more appealing than studying and so, it’s beneficial to set a regular schedule for studying, eating, sleeping and exercising. Winter can leave you feeling lethargic, but regular physical activity can work wonders for elevating your mood and energy. Exercise helps release endorphins, which not only improve your mood but also reduce stress! Simply just taking a short 5-minute walk or doing a few stretches can help combat the fatigue that comes with darker days. This will not only expose you to any available daylight, but it will also improve circulation and combat the lethargy that comes with winter. If outdoor exercise isn’t an option, consider doing indoor yoga, dancing,



or following a workout video to stay energized.

With consistency comes focus and mental clarity,

which is particularly helpful when there is a strong temptation to curl up and avoid work.

Be sure to get enough sleep as well

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winter nights may feel longer, but skimping on rest can

quickly derail your productivity. Aim for 7

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9

 hours of sleep per night to help maintain focus and

cognitive function during study sessions.

Stay Socially Connected

Arguably one of the most difficult aspects

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isolation. It’s easy to become disconnected from

people around you when the winter blues hit, but simply just joining study groups

(

even

virtual

ones!) or having a coffee break with a friend can lift your spirits and remind you that you’re not

alone in your struggles.

If

you are

feeling down or unmotivated,

it’s key to

talk to someone

as this

can be

an effective way to overcome negative feelings. Sometimes, just knowing that others are

dealing with similar challen

ges can help you feel more empowered to push through.

Embrace the Season

While it’s easy to view winter as the worst time of the year, it offers a rare opportunity to slow

down, reflect, and focus on your studies without the distractions of

warmer month

s

. The season

can be used to

create a routine that balances

productivity with self

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care

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so take advantage and

try out new activities

; baking, crafting, reading or

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hannel your Bristol energy and become an

aspiring DJ!

Engaging in winter hobbies

can enable you to

have a break

from the grind

whilst

keep

ing

burnout at bay.

Remember, winter doesn’t last forever. With the right mindset and a few small changes, you can

keep your motivation high, stay productive, and enjoy the season

more than you anticipated.

Stay

warm, stay focused, and keep moving forward!

