Strategies for Change: Motivation & Rewards

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Strategies for change: Motivation and Reward

February 19, 2021
Reminders

• Submit your week 1 challenge by the end of the day today through facebook or via email – dfend@uaex.edu

• Today is the last day to sign up to participate in the study. Go to our website to sign the consent form and take the pre-assessment.
  • https://aaes.uark.edu/centers-and-programs/nutrition/dfend-3/
This week’s challenge

• Create your personal goal.

• Tips for creating SMART goals can be found on our website and on the facebook page.
  • Talk to Danielle on Monday during the personalized coaching session about turning your goal into a smart goal!

• We’ll talk more about SMART goals next week!
Today’s guest speaker is Kayce Hyde

Kayce Hyde is currently a doctoral student in the clinical psychology program at the University of Arkansas. Her research focuses on transdiagnostic factors, such as self-compassion and self-criticism. She is interested in how self-compassion and self-criticism manifest in disorders of under- and overcontrol. Her other interests include emotion beliefs and emotion regulation. In the future, she hopes to examine how self-compassion interventions can reduce self-criticism and maladaptive emotion beliefs.
STRATEGIES FOR CHANGE:
Motivation and Rewards

Presenter: Kayce Hyde, M.A.
WHAT IS MOTIVATION?

Motivation is the process that initiates, guides, and maintains goal-oriented behaviors.
What is Motivation?

Intrinsic Motivation

Extrinsic Motivation
## What is Motivation?

**Intrinsic Motivation**
- Arise from within the individual
- Example: working on a puzzle purely for the personal gratification of solving it

**Extrinsic Motivation**
- Arise from outside of the individual, usually rewards of some sort
- Examples: trophies, money, social recognition, or praise
EXPECT FLUCTUATIONS IN MOTIVATION!
When your motivation is low...

1. Wait for something external to improve our mood
When your motivation is low...

1. Wait for something external to improve our mood
2. Increase our level of activity even if we don’t feel like it to begin with
Keys to Success

• Start small but not too small
Keys to Success

- Start small but not too small
- Break large tasks down into smaller, manageable chunks
Keys to Success

- Start small but not too small
- Break large tasks down into smaller, manageable chunks
- Use rewards
Keys to Success

- Start small but not too small
- Break large tasks down into smaller, manageable chunks
- Use rewards
- Remind yourself of the why
Keys to Success

- Start small but not too small
- Break large tasks down into smaller, manageable chunks
- Use rewards
- Remind yourself of the why
- Be kind to yourself!
Links to Resources

- https://www.verywellmind.com/what-to-do-when-you-have-no-motivation-4796954
- https://www.verywellmind.com/what-is-motivation-2795378#citation-2
- https://self-compassion.org/category/exercises/#exercises