

WHY IS SELF-EFFICACY AND MOTIVATION IMPORTANT?

Imagine recovery like climbing a mountain



Self-efficacy is believing you can reach the top, and motivation is the energy that keeps you climbing

They make you try harder

When you believe you can improve, you put more effort into exercises and regain skills faster

They help you reach your goals

Setting achievable goals and feeling good about them keeps you motivated

They help you bounce back

Everyone has setbacks during recovery. Self-efficacy helps you stay positive even when things get tough

DAILY MANTRAS TO BOOST SELF-EFFICACY AND MOTIVATION

Focus on Progress

"I am getting stronger every day. Notice how I can now (insert activity) compared to before."



Set Realistic Goals

"Today, I will practice using my arm for 15 minutes. This is a manageable goal that helps me improve."



Celebrate Milestones

"I did it! I was able to walk for 10 minutes today. I am proud of myself."



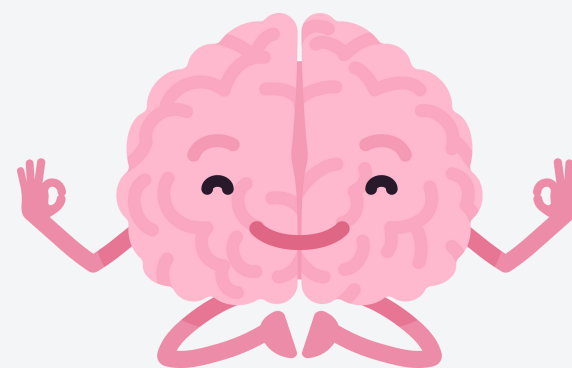
Visualize Success

"Imagine myself being able to (desired activity). This motivates me to keep working towards it."



Challenge Negative Thoughts

"I can do this. It might take time, but I will not give up."



Focus on What You Can Control

"I can control my effort and attitude. Today, I choose to be positive and persistent."

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