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Season 5, Episode 2:

In a slump? How to get your mojo back

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What's in this episode?

Hosts Rachel Smith from [Rachel's List](#) and journalist and content creator [Lynne Testoni](#) talk about how to get your mojo back when things are getting you down

We talk about:

- Getting off your bum – Rach walks an hour a day at the moment, Lynne tries to run 2-6km
- Listening to positive podcasts ([How to Fail with Elizabeth Day](#) is Lynne's go-to – sounds depressing, but it's actually quite uplifting!)
- Audio books while you work out – tying in that 'reward' with your exercise
- If you have podcast burnout swapping it for dance tunes or workout beats (this [90s Spotify playlist](#) is on rotation for Rach). A 2013 study [found that people who listen to upbeat music](#) could boost their happiness levels and improve their mood within 2 weeks
- Try and start the day with a win – for Lynne that's running if she wakes feeling stressed or down
- 'Gamify' your to-do list – crossing things off [releases dopamine](#) that fuels us to keep going and get even more things done
- Wear something that makes you feel good, particularly good undies (we are both in agreement on how important good undies can be to feeling motivated)



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- Read. It's so easy to stop reading and fall into the trap of only reading internet articles and things for work. But [switching off and diving into a book](#) helps improve memory, make you feel more positive, may help with depression and stress and more.

That's it for this episode. We hope it has inspired you and made you feel a bit better about what we are all experiencing at the moment.

Cheers, Rachel and Lynne