

- Getting started on an activity can help you feel better when you are experiencing a loss of interest. Here are some things that may help.
Focus on Staying Active- A loss of interest can make it difficult to stick to an exercise routine but focus on getting some physical activity in each day, even a walk. Exercise has been shown to have a number of positive effects on mental health, including improving mood and decreasing symptoms of depression.
- Get Enough Rest- Lack of sleep can have a negative impact on your mental health. Make sure that you are practicing good sleep habits and giving yourself plenty of time each night to get quality rest.
- Take Small Steps- While it may not be possible to throw yourself into the activities you normally love with the same gusto as before, it can help to do little things each day. If there is a hobby that you normally love but have lost interest in, challenge yourself to learn something new about it. Or break up a larger project into much smaller steps and set aside a little time each day to tackle just one thing.
- Make Plans- Even though it can be difficult to get inspired, you may find it helpful to make plans for things that you want to do in the future. Research has found that planning for the future, known as proactive coping, can help improve resilience. Giving yourself things to look forward to and looking for things to get excited about can help you cope with the lack of interest you might be feeling at the moment.
- Find Support- When you're feeling disinterested, it can be helpful to turn to friends and family for support. Let them know that you're struggling with this lack of interest. Sometimes just spending time around other people can lift your mood. Other people's enthusiasm can also be contagious, so you might find that their zest for different activities starts to rub off on you as well.

<https://www.verywellmind.com/things-to-do-if-you-feel-a-loss-of-interest-5093337>