FROM **LANGUISHING** TO **FLOURISHING**

**Flourishing**
Grow or develop in a healthy way, especially as a result of a favorable environment; to develop successfully; thriving

**Languishing:**
Suffering from being forced to remain in an unpleasant place or situation for a prolonged period; lose or lack vitality; failure to make progress or be successful.

**How we got here:**
Pandemic, natural disasters, grief and loss, racial injustice, tense election, political division, local mass shootings, economic distress, Christmas Day bombing.

**Examples:**
- foggy thinking
- lack of motivation
- low enthusiasm
- feeling empty
- dullness
- not highly engaged in work or school
- recent experiences of loss(es)
- grief
- isolation
- loneliness
- increased fear
- increased or new use of alcohol, drugs, cigarettes, pornography
- increased time on social media or television
- withdrawal
- feeling joyless
- without purpose
- blah, moods that are not too high or too low
- feeling unmotivated more than usual
- feeling unsettled but not highly anxious
- difficulty focusing on tasks

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TIPS FOR FLOURISHING

Create a self-care plan that includes these four domains

**MENTAL**
- Cultivate meaning through small daily achievements
- Seek counseling
- Talk kindly to yourself
- Practice gratitude
- Decrease use of social media
- Name and discuss your feelings with people in your support system
- If you work from home, refresh/redecorate your space or try occasionally working in a different location
- Attend a grief group
- Stay organized
- Practice relaxation
- Appeal to your senses
- Turn off the TV – limit intake of news & media
- Practice deep breathing
- Avoid social comparisons
- Drink sensibly
- Identify and manage triggers
- Do something you are good at
- Take in the sunlight

**SOCIAL**
- Volunteer to help others
- Connect to others through video
- Regular face-to-face connections
- Make a list of your support system, be intentional in reaching out to them
- Set a plan to increase your relationships
- Engage in things you used to enjoy (concerts, festivals, dining, social gatherings)
- Join a social group that meets regularly

**SPIRITUAL**
- Mindfulness practices
  - Meditation
  - Breathing exercises
  - Yoga
  - Walks in nature (leisurely)
  - Prayer
- Be active in your faith community
- Journal
- Study your faith
- Explore creativity
- Volunteer for community service or engage with a non-profit
- Listen to inspiring and positive music
- Make time for inspiration daily
- Connect to your purpose, your passions, and your interests
- Create a vision board
- Read/memorize meaningful literature

**PHYSICAL**
- Exercise regularly
- Move more
- Annual physicals
- Medications
- Participate in community fitness
- Learn a new physical skill(s)
- Regularly choose good nutrition
- Chiropractic care
- Get 7-8 hours of sleep each night
- Keep a sleep routine/schedule
- Limit alcohol
- Avoid tobacco and vaping
- Routine dental care

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WAYS TO RESPOND

How to offer mental health support to those in need

1. How can I help?
2. Are you ok?
3. Is there anything I can do for you?
4. I am here when you need me
5. You are really strong to talk about this
6. I can’t imagine how hard this is for you
7. I would like to try and understand
8. Would you like me to help you find resources?
9. Would you like me to check in with you regularly?
10. Do you need some time and space?
11. I know that must have been hard for you
12. Talking about this is a big step
13. I am always here for you
14. We can figure this out
15. Take as long as you need
16. This won’t last forever
17. You are not alone
18. I care about you
19. I am here for you
20. I’m proud of you
21. Things can get better
22. Thank you for sharing this with me

Do you have thoughts about ending your life?

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