

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

TIPS FOR FLOURISHING

Create a self-care plan that includes these four domains

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



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



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



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?