



**Why:** Tennesseans have been through an extreme 18 month season of natural disasters and man-made traumas, and many of these specific to our state alone. We have endured natural disasters of a tornado, 2 more floods, and the pandemic, plus man-made traumas of race riots, a Christmas Day bombing, mass shootings, election tensions, and more. Covid alone has created a very personal impact on each one of us as Tennesseans and those closest to us... impacting our health, our personal finances, and our relationships.

**Languishing** is defined as *suffering from being forced to remain in an unpleasant place or situation for a pro-longed period, lose or lack vitality, failure to make progress in moving forward, stuck, and not being successful.*

**Languishing** is a common feeling that many Tennesseans are encountering, even now as we begin to move out of this long covid season, seeking to find greater normalcy and move forward looking to a better year in 2022.

Gratefully, we Tennesseans are still standing, but not without some scars along the way. How can we get unstuck, heal, and move forward? What are some tools we can use for ourselves as well as our family and friends?

Tennesseans need help, hope and practical tools to help move from Languishing to Flourishing.

TN Voices will provide a 20 minute Story of Hope educational show that will address the above, provide answers, and will conclude with an ask for financial help to continue supporting the mental health needs for more Tennesseans.