

THE SHIFT FROM LANGUISHING TO FLOURISHING

To Live A Thriving Life



TAKE-AWAYS

- Define & Identify Languishing and Flourishing
- Strategies to Flourishing
- Hiccups to Watch for
- 5 Actions to Shift into Flourishing

IN THE NEWS

From Languishing to Flourishing: The Impact of the COVID-19 Pandemic

September 7, 2021

Kathryn Uhlman, MBA, MSChQ, Noel Amaladoss, MD, Vanessa Lentz, MD, MSc

Psychiatric Times, Vol 38, Issue 9,

Fewer Americans 'thriving' today than past year, poll finds, but these hacks can help

By Sandee LaMotte, CNN

🕒 Updated 2:00 AM ET, Wed March 30, 2022

[Home](#) // [Radio](#) // [Here & Now](#)



🔊 </>
09:19

The dangers of languishing: Living, but not flourishing

January 14, 2022



Neither depressed nor flourishing? How languishing defines modern life

If the pandemic has left you devoid of promise, purpose and delight, sociologists have the perfect term to describe it

There's a Name for the Blah You're Feeling: It's Called Languishing

The neglected middle child of mental health can dull your motivation and focus — and it may be the dominant emotion of 2021.



FLOURISHING

VS

LANGUISHING

SELF CHECK-INS

Life Evaluations

Present Life



Future Life

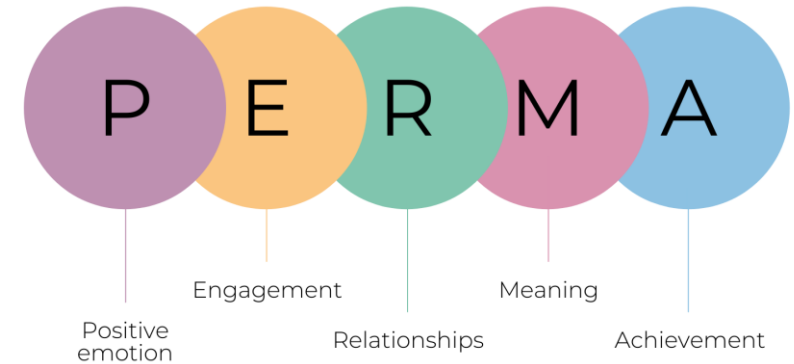


Based on the Cantril Self-Anchoring Striving Scale

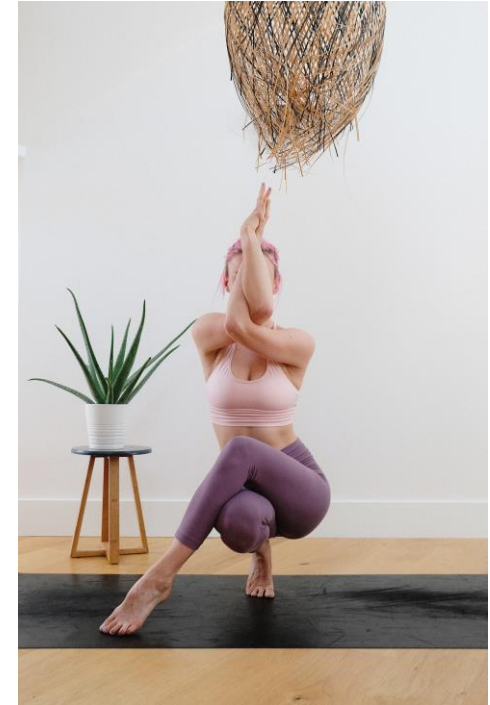
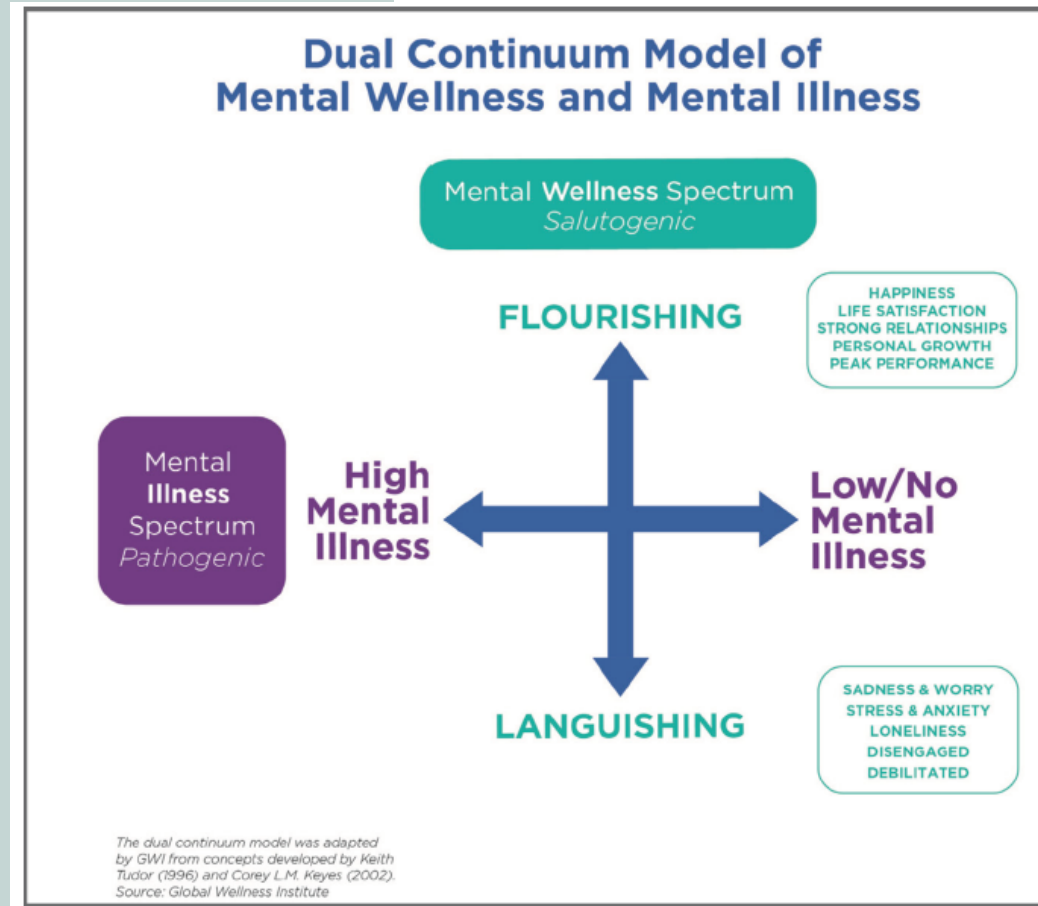
GALLUP

1-10 mental health check-in scale

©what is mental illness



MENTAL HEALTH AS A CONTINUUM



LANGUISHING → FLOURISHING

PERSONALLY



LANGUISHING → FLOURISHING

PROFESSIONALLY



STRATEGIES to FLOURISH and THRIVE



Movement



Sleep



Mindfulness



Self-Talk



Gratitude



Connect



Savor



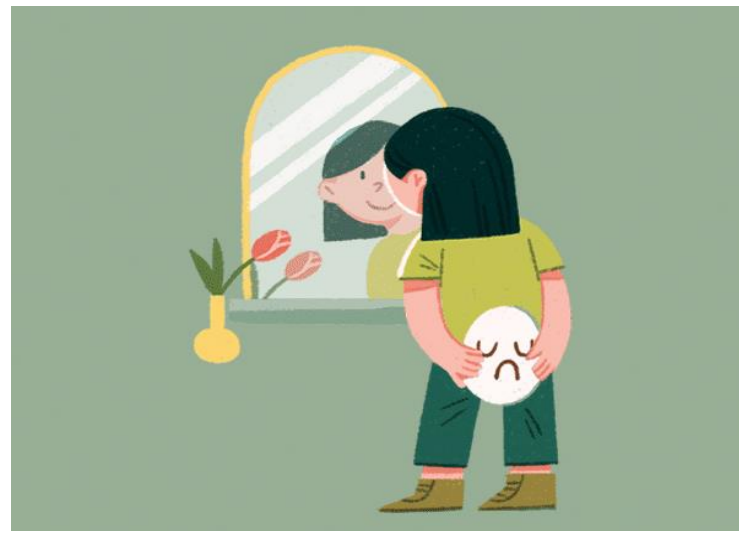
Contact

3 Hiccups to watch for...

Toxic Positivity

Social Media

Relational



HOW DO WE SHIFT...

5 Suggestions to Shift into a *More* Flourishing State

Tap into...
Individual Values



HOW DO WE

SHIFT...

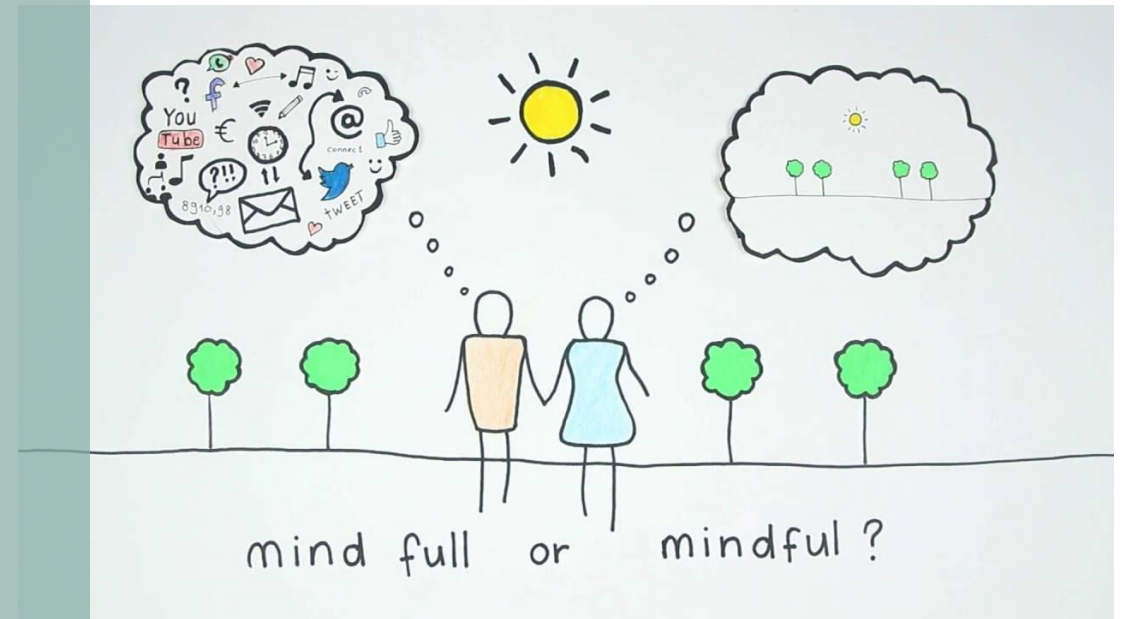
Tap into...
**Personal
Strengths**



HOW DO WE SHIFT...

Tap into...

Mindfulness & Self-Compassion



HOW DO WE SHIFT...

Tap into...
**Support &
Connections**



HOW DO WE SHIFT...

Tap into...
New Interests



HOW DO WE

SHIFT...

Tap into...
Purpose



~~LANGUISH~~ → FLOURISH & THRIVE

Thrive Through...

- Movement
- Sleep
- Mindfulness
- Self-Talk
- Gratitude
- Connection
- Savoring
- Contact

Make the Shift...

- Individual Values
- Personal Strengths
- Mindfulness & Self-Compassion
- Support & Connections
- New Interests
- Being Purpose Driven



Let's all Flourish...



Thank you!

Connect with me...

haleyprophet.com

haley@haleyprophet.com

