

Flourishing Well & Increasing Awareness

LIVING WELL – OCTOBER 2021

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The grass is greener where you water it.

It is often difficult to find a single word to express how we are feeling. As a result of the ongoing pandemic, the word languishing is one that many of us can relate to. Languishing is a series of emotions including apathy, emptiness, numbness, isolation, monotony, lack of motivation and focus.

These feelings are mostly due to uncertainty, separation and a lack of control, as the pandemic interrupts our planning of goals, future events, and social connections. Distressing information shared on the news and social media also contributes to feelings of fear, helplessness and hopelessness. Nothing feels 'normal'.



Are you languishing?

Do you identify with any of the following statements?

1. I don't feel good or bad, but I am definitely not as present as I used to be.
2. I can get things done but I feel like everything blends together and time goes by so fast.
3. Nothing is wrong exactly, but nothing is right either, I'm just going through the motions.

If you agree with any or all of these statements - then yes, it is likely that you are languishing. And you are not alone. Research shows that languishing is currently more prevalent than major depressive disorders, signaling the need for intervention.

So how do we overcome languishing and take the steps needed to flourish instead? Flourishing, the opposite of languishing, is an overall feeling of well-being where you are thriving, energized, fulfilled, resilient, positive, and happy.

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How to flourish well

Understanding how you are feeling and what is going on around you is a first step, as all change starts with awareness.



Do a daily mood check-in, rate your mood on a scale of 1 to 10 to identify your emotions and what causes them



Creative outlets that allow for emotional expression are stimulating for the brain



Allow yourself time to relax and recharge both your mind and body



Learn a new skill or hobby, or teach someone a skill or hobby you know



Reach out to family and friends, join a club or community group to nurture your relationships and social connections



Remind yourself that anxiety is created when we are living in the future, so focus on the present and what you can control



Celebrate and appreciate successes, small and large



Do what brings you joy to generate energy and enthusiasm



Changing your scenery can be refreshing and inspiring - redecorate your home, take a walk, or go for a drive in the country



Take things one day at a time - planning goals and tasks each day to actively reclaim your sense of purpose and accomplishment



Be kind to yourself, practice self-care and compassion



List the things you are grateful for physically, emotionally, and spiritually every day



Share how you are honestly feeling with trusted family members and friends, or a therapist



Determine what gives you a sense of purpose and meaning in your life

Imagine the best possible version of yourself and your life and believe you can achieve it, as positive expectations actually do help lead us to positive outcomes.

Be optimistic about your ability to flourish.

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