Languishing

During extended periods of uncertainty in our lives, we may experience symptoms of grief, trauma, and depression. We may also feel unmotivated, burnt out, and not able to focus. Tasks seem to take longer too. “Languishing” can be applied to an accumulation of those symptoms.

Languishing can interrupt motivators like planning or creating goals for the future, and in addition to our issues, we’re dealing with external issues as well. This may force you to stop and look at what’s going on, and question why you feel like this. A time to reflect.

Maybe we’re not really depressed, but we’re not really that happy. Stuck in the middle? How can we address this? Check-in with yourself!

Having this awareness can prompt us to speak to friends, share experiences, educate ourselves by reading information from credible sources. Maybe knowing there is a term called languishing makes you feel better that it’s not just you.

So, try taking things one day at a time. You don’t have to plan weeks or months ahead as you don’t know how things will be. Going outdoors is always good for thinking and solving. Block off time to accomplish small tasks, rather than a long list each day. Try something that’s moderately challenging and stimulating as well to keep engaged with both your mind and body.

Practice gratitude - what you can be thankful for in your life. See it as something to keep you going while you languish in uncertain times.