Languishing is the awkward no man’s land between thriving and mental ill-health. Individuals most protected from this state have adequate coping strategies to boost resilience, alleviate stress and deal with “big emotions”. If we think of our mental health on a spectrum from mentally unwell to flourishing, flourishing is the peak of our wellbeing, where we have a strong sense of meaning, mastery and purpose.

**WHAT IS LANGUISHING?**
- Tiredness.
- Low in Energy.
- Feelings of Frustration.
- Irritability.
- Difficulty looking forward to tomorrow.
- Feelings of dread.
- Not wanting to be with others.
- Lack of enthusiasm for things you would typically enjoy.

Our lives are full of so-called “depleters” and “replenishers”, where things in our day, week or year will either take away or add to our energy. Of course, we will always experience a mix of depleters and replenishers, but when we experience a marked shift in the balance, we can experience languishing.

**WHAT IS FLOURISHING?**
Flourishing is the result of the pursuit and engagement of an authentic life that brings inner joy and happiness through meeting goals, being connected with life passions, and relishing in accomplishments through the peaks and valleys of life.

For us to flourish, there are three components we should aim to meet:

1. **Meaning:** When we aim to live a life based on our true values, combined with a strong purpose, our life becomes more meaningful.
2. **Goals:** Set goals that are both intrinsically and extrinsically motivated; both are equally beneficial depending on the goals.
3. **Relationships:** Perhaps unsurprisingly, research shows authentic relationships are good for us and is the number one contributor to our wellbeing.

When we are languishing, we often turn inwards, look for things that are going wrong or need to be fixed, and look through the lens of scarcity.

When we are flourishing, we look at ourselves as being good enough and approach goals, tasks and life from a position of strength.

**Tips to Help You Move from Languishing to Flourishing**

**Develop a Habit of Gratitude:**
- Note three good things that you’re grateful for as you wake up and go to sleep.
- Overtly thank others by making small tokens or verbal thanks.
- Start a gratitude journal.
- Practice self-compassion.

**Imagine your best possible self:**
- Write down intrinsic and extrinsic goals that will help you achieve this. This will support you in identifying what a meaningful life would look like and the steps you need to take to create it.

**Experience joy:**
- Pause and enjoy the momentor take some time to stop and read, go for a walk, catch up with friends or family.

**Re-evaluate relationships:**
- Reflect on your current relationships. Are they authentic? Are the people in your life motivated to support you and help you grow?

**WE’RE HERE TO HELP**
For free, confidential coaching and support, please contact us today to book an appointment.

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