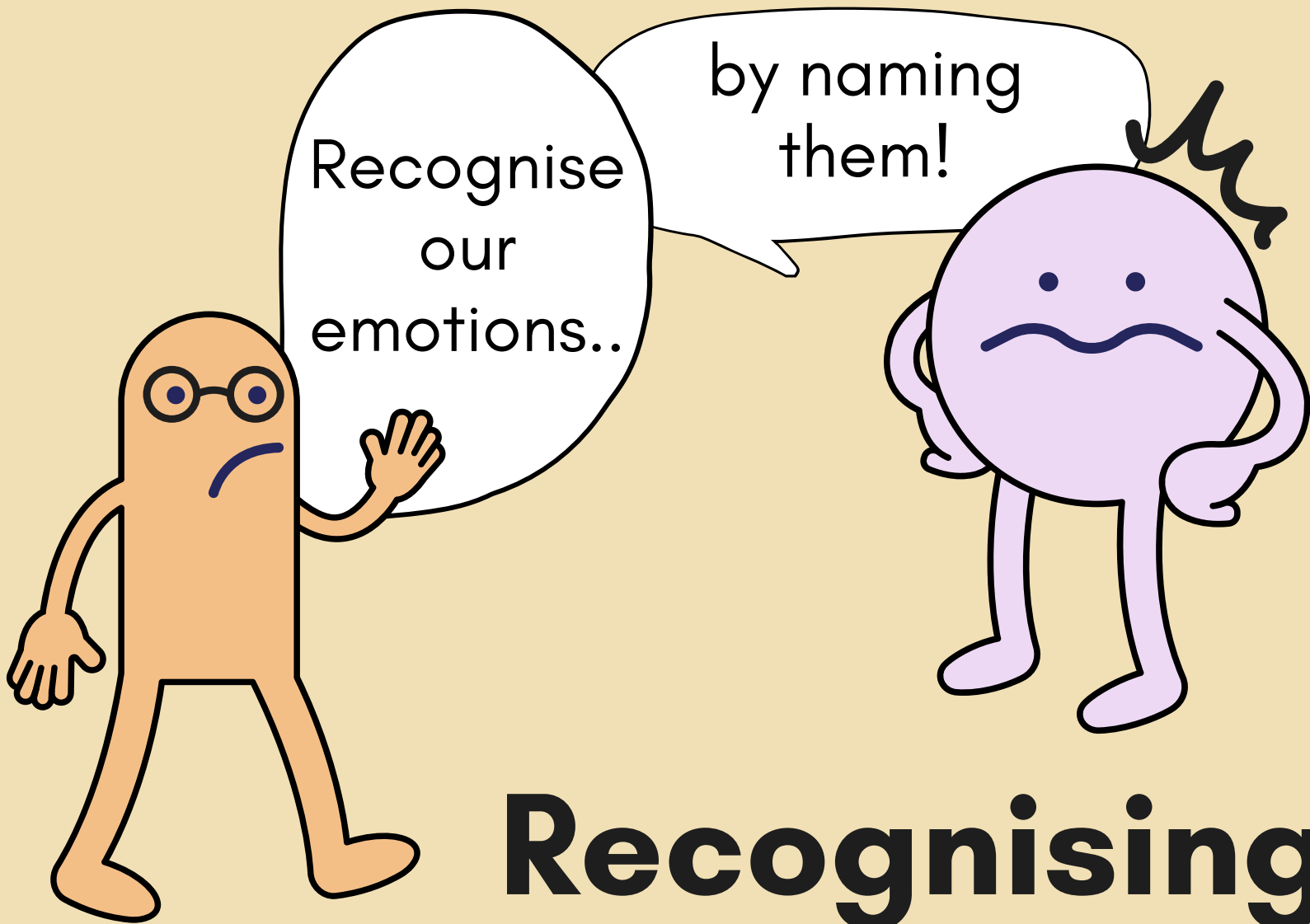


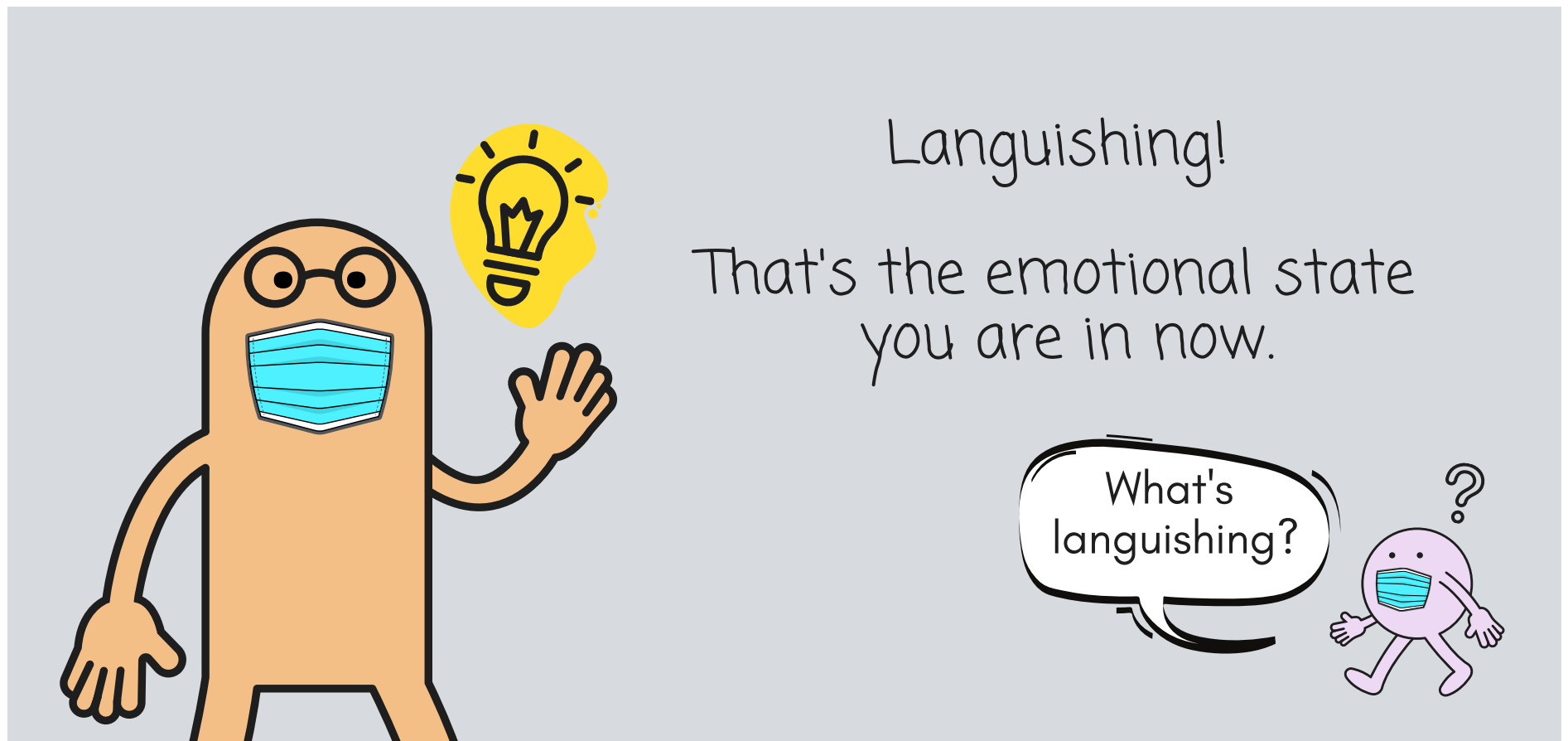


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Recognising Languish

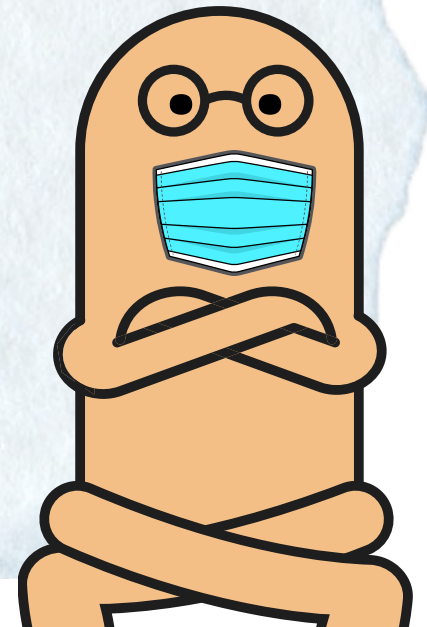
#SGUnited #CopingwithCOVID19



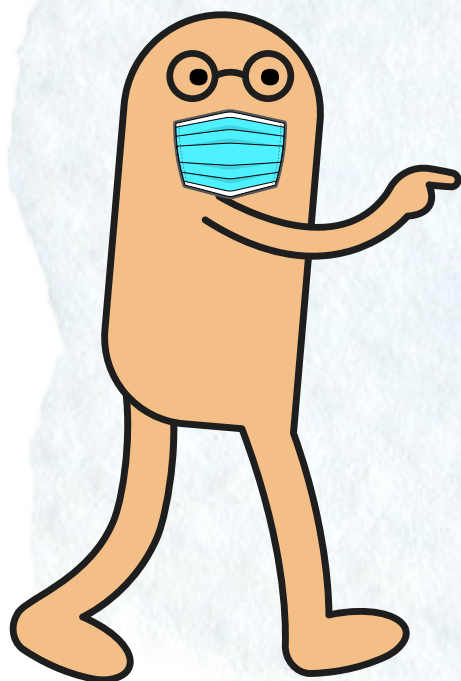
Languishing is this constant feeling of stagnation and emptiness.

It is the absence of feeling good.

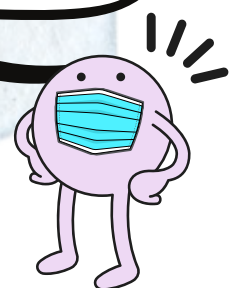
It dulls your motivation, disrupts your ability to focus and reduces your productivity.



This is a normal reaction, to feel powerless and fatigued, especially when we are in the midst of a pandemic.



Can you share more on this?



When we have to live with constant uncertainty (e.g. in the midst of a pandemic), the unpredictable situation disrupts our routines and interrupts our plans.

We try to make adjustments and adapt but there doesn't seem to be any end in sight.

We start to feel helpless, stuck and sometimes, numb. This causes distress and puts us in a state of languish.



Is languishing bad for us?



BELIEFS ABOUT LANGUISHING

“

I am neither depressed nor happy.

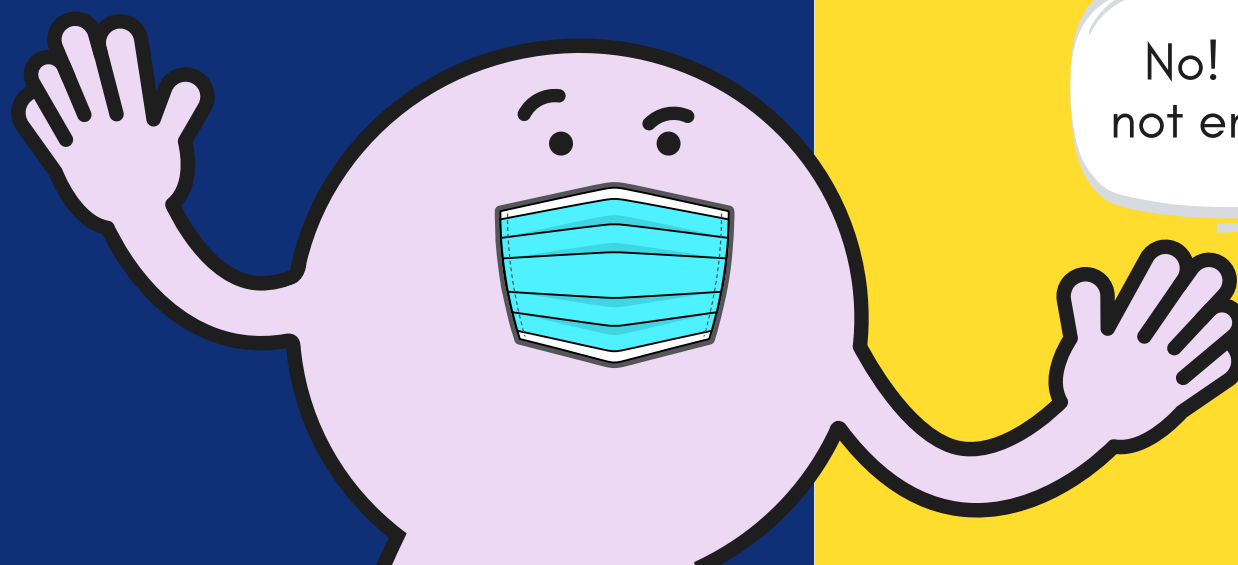
Maybe languishing is just a passing phase. Perhaps, it will go away after some time.


I am just stuck in the middle.

It is not too bad if you look at it like that, right?

”

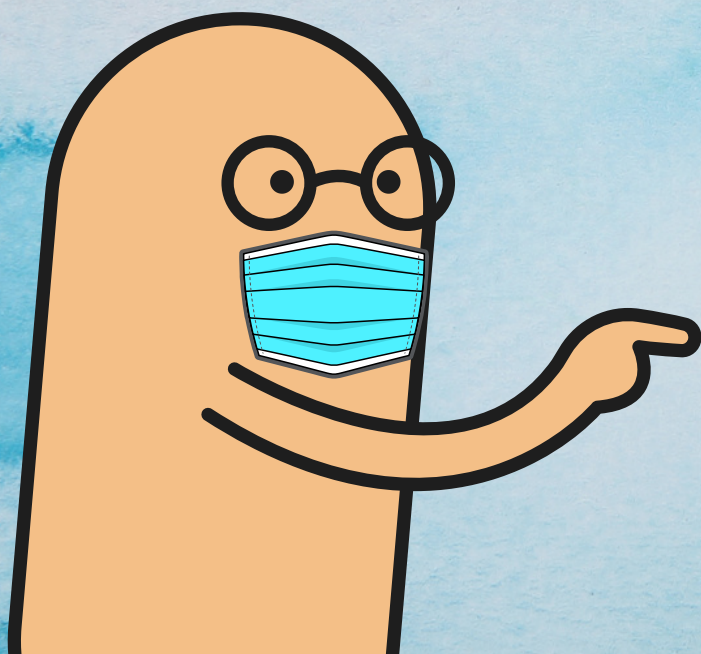
No! No! That's not entirely true!



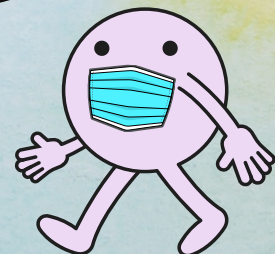


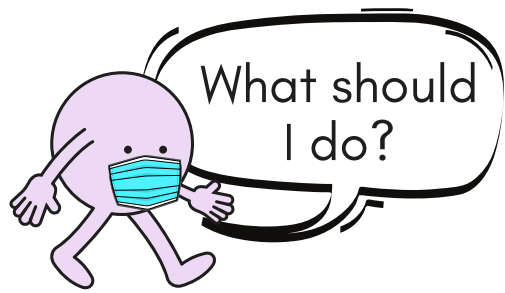
Under such volatile situations, we need to manage our expectations to prevent feeling more disappointed and dejected, which could lead to prolonged languishing.

It is essential to build our personal resilience.



What can I do?

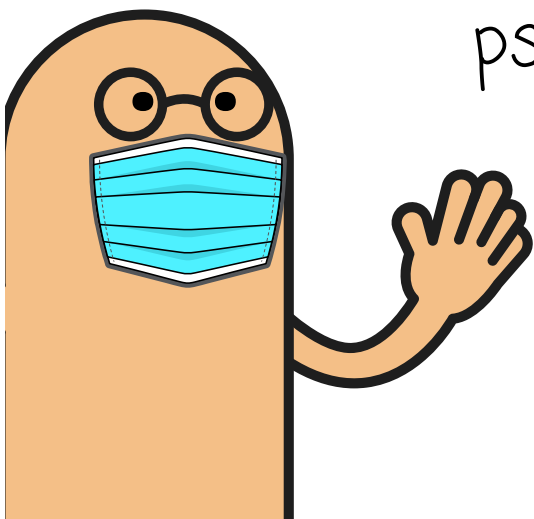




Some of us may languish more than others.



Individuals with a history of mental health conditions or who are genetically predisposed to psychiatric conditions are more prone to languishing.

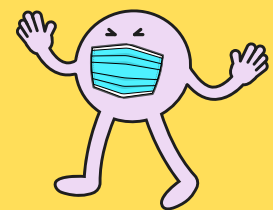


Leaving these feelings unaddressed can lead to other issues and greater mental health struggles.

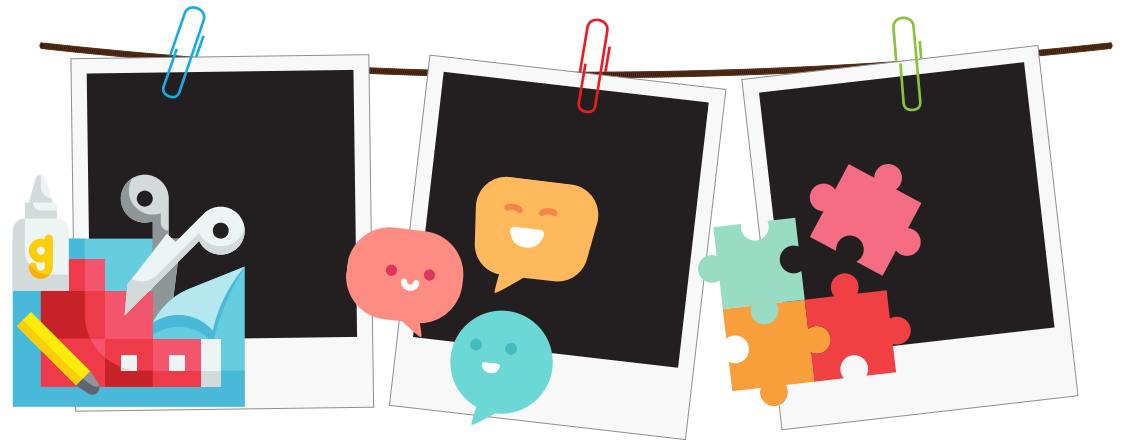
At moments of discomfort, ask yourself:
"What would make me feel better now?"



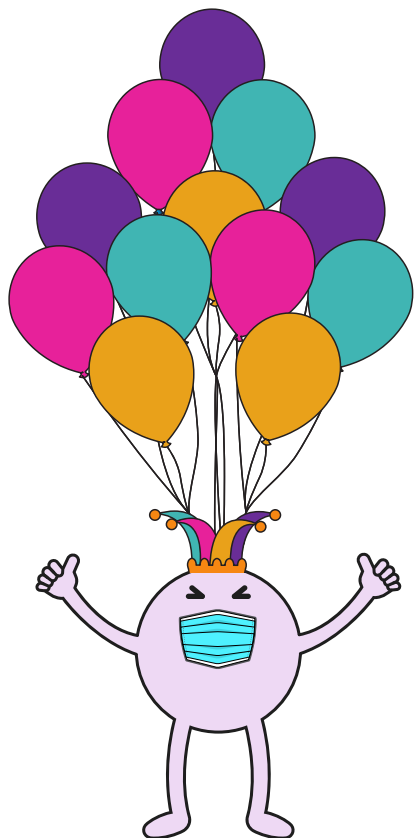
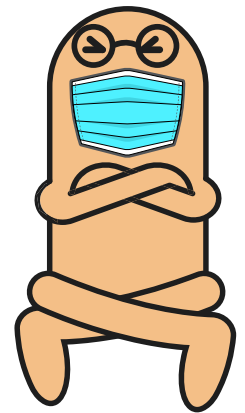
Whether it is 20 minutes or an hour, give yourself permission to enjoy me-time, and set aside time to relax and recharge.



START SMALL

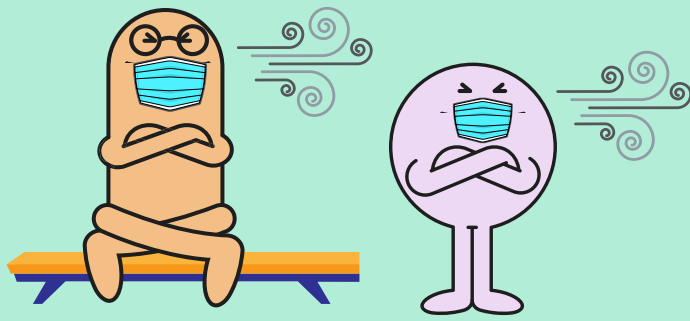


Set some time (daily or weekly) to focus on something that you can feel adequately challenged by. It can be working on a DIY project, learning a foreign language, completing a jigsaw puzzle, or going for an e-learning course.



WIN BIG

Celebrate and reward yourself when you reach certain milestones, or when you accomplish challenging tasks.



RISE WITH G.R.I.T

G.R.I.T. is an exercise to help you manage uncomfortable emotions that may arise during stressful situations.



Scan the QR code to watch the G.R.I.T. video.
(Requires Internet access.)

G

Give yourself space.

Move away from the trigger.

R

Rest. Take a breath.

Take deep and calming breaths.

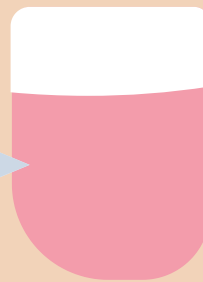
I

Identify strengths.

Consider how my strengths have helped me in the past.

T

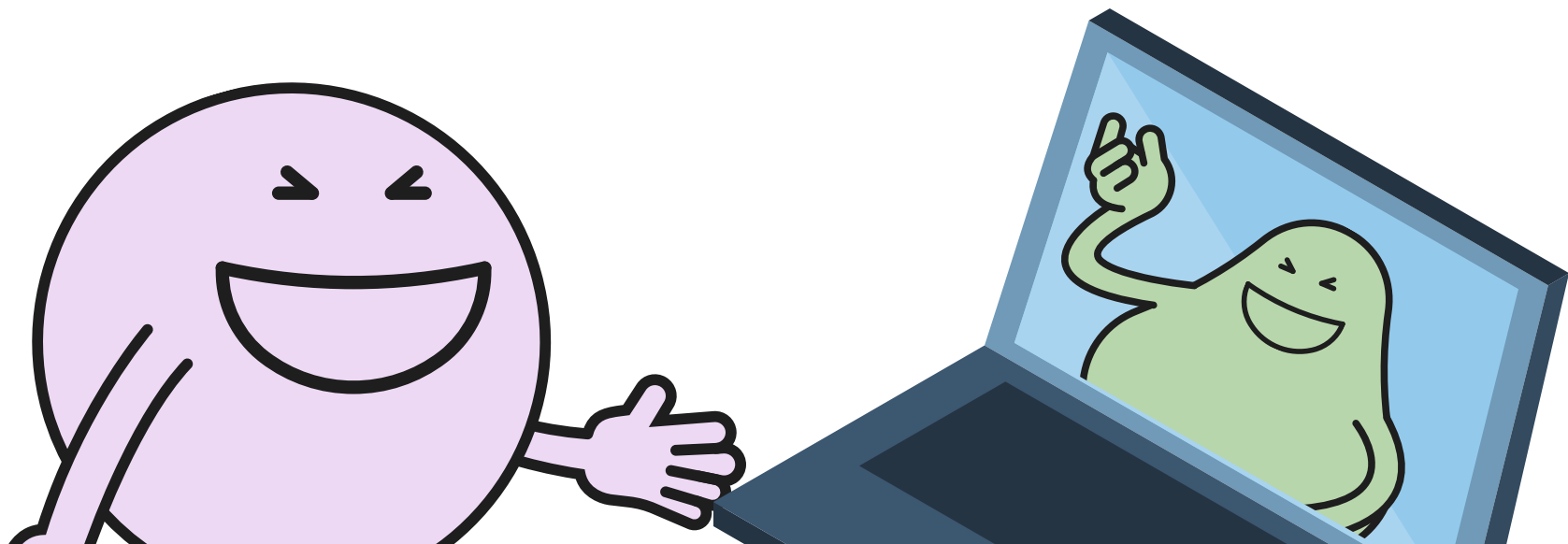
Take stock of changes experienced & choose how to react.



I am feeling this way now, but I can choose how I manage my emotions.

STAY MEANINGFULLY CONNECTED TO OTHERS

Our social network has a tremendous effect on our daily lives. Stay connected with family members and friends by meeting up or using online platforms.



People who are in the same situation can empathise and provide emotional support or practical help.

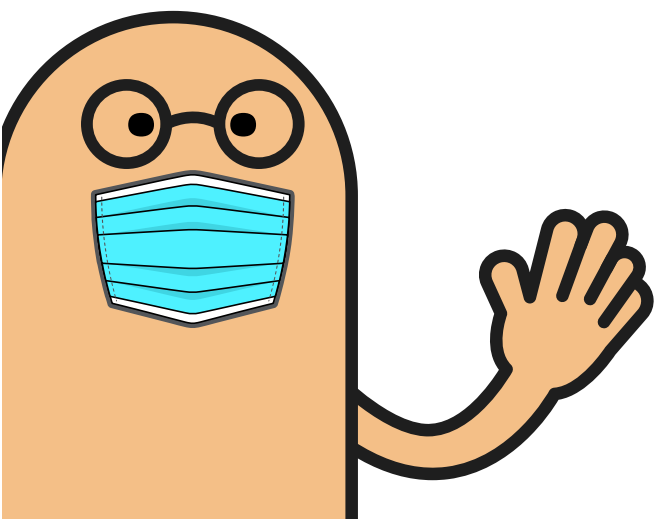
Here are some resources for you to learn more about languishing and coping strategies to help you move from languishing to flourishing:

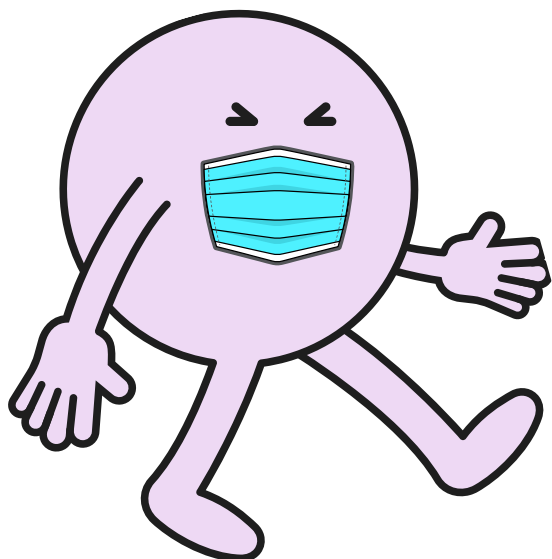
Corey L. M. Keyes. (2002). The Mental Health Continuum: From Languishing to Flourishing in Life. *Journal of Health and Social Behavior*, 43(2), 207-222. doi:10.2307/3090197

Fielding, S. (2021, April 30). Languishing Is the Mood of 2021, How to Identify It and How to Cope. *Verywell Mind*.
<https://www.verywellmind.com/languishing-is-the-mood-of-2021-5180999>.

Grant, A. (2021, April 19). There's a Name for the Blah You're Feeling: It's Called Languishing. *The New York Times*.
<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>.

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<https://www.alive.com/health/the-power-of-social-circles/>.





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