Are You Languishing?

Are you tired of being tired? Are you running on empty? Are you at the end of your rope? Are you asking: How many surges? How long?

Circle all the words that describe how you feel:

- aimless
- sigh
- sluggish
- joyless
- muddle
- tired
- ache
- weaker
- exhausted
- yearn
- deteriorate
- mourn
- dream
- wither
- listless
- wish
- droop
- mope
- stagnation
- wilt
- foggy
- agonize
- droop
- brood
- fret
- fade
- suffer
grieve
- rot
decay

I’m sure you have circled at least a few of these as we have struggled with this COVID-19 pandemic now for more than 100 weeks. I know I can circle many of them. Take a few minutes and listen to this entertaining and meaningful TED Talk about “finding flow”:

Adam Grant: How to stop languishing and start finding flow | TED - YouTube

Find something you enjoy (family, the outdoors, photography, sunsets, exercise, cooking, walking, sitting in your rocking chair, meditating, reading), master a new skill, devote blocks of time to it as you check your e-mail less than 72 times a day, and do something that matters to you and those you love or those in need- something that matters, with purpose! We will get through this together!