



Public Health Brief

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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

joyless

ache

yearn

dream

wish

stagnation

agonize

fret

grieve

sigh

muddle

weaker

deteriorate

wither

droop

wilt

fade

rot

decay

sluggish

tired

exhausted

mourn

listless

mope

foggy

brood

suffer

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!



Public Health

Prevent. Promote. Protect.

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