

Languishing?

How to get your mojo back



What is languishing?

The global pandemic's harmful effects linger, with many of us experiencing low energy, apathy and a sense of depletion. Sociologist Corey Keyes first coined the phrase 'languishing' to describe this state of being that is the opposite of flourishing.

If this seems familiar, the chances are that you are languishing in a place where everything feels like an effort. In short, you've lost your mojo.

Why now?

A report from the UK Office for National Statistics (ONS - Jan 2021) says: *"Despite the improvement to levels of happiness and anxiety, they remain significantly worsened compared with pre-pandemic levels."*

This insight helps explain a lack of drive to do things you previously found exciting, challenging or joyful. If this sounds like you, then take heart. **Below are 5 steps with ideas to help restore your mojo and raise your spirits.**

How

Take five steps

1. Keep things simple with small changes.
2. Buddy with someone for fun and mutual support.
3. Shift the focus away from what you don't have and can't do to what you have and can do.
4. Focus on building positive experiences to restore your cheerful enjoyment of life.
5. Be kind to yourself when things don't go as planned.

02

Step out of your digital cave

- Step away from technology between video calls.
- Pay attention to your senses - what can you see, hear, smell or feel around you?
- Have a proper lunch break rather than grazing at your workstation.
- Avoid 'doom scrolling' - limit news and social media.
- Set a cut-off time from work and enjoy chilling into the evening.

04

Tune into your senses

- Small pleasures that make you smile can break the chains of stagnation.
- Try savouring the taste of food by slowing down consumption.
- Try writing a list of ten leisure activities that you find enjoyable, then plan to do it.
- Find fun things to do with your partner, family or friends that lighten your mood.

01

Shake up your routine

- Exercise, nap, go outside, listen to music include activities that boost your energy.
- Volunteer your time to help others.
- Cook a meal from scratch using fresh produce.
- Write down 3 good things that happened today.
- Read a book that you would not usually pick up.
- Try out a new hobby or activity that interests you.

03

Nurture your relationships

- Think about what you value in others and write down what comes to mind.
- Express your appreciation in person, by phone or write a thank you note.
- Share what's on your mind with people in your life.
- Ask how they are feeling - listen without jumping in.
- Meet up with someone you haven't seen for a while.
- Ditch the smartphone and be present when spending time together

05

ACE your motivation

- **Audit** what depletes you and what replenishes you.
- **Consider** the impact of various external and internal factors, e.g. your work, relationships, self-care.
- **Energise** yourself by looking at what gives you pleasure and makes you feel happy and proud.
- Now, what will you stop, continue or start doing to build on previous success and make improvements?
- Choose one small step that you can take this week.