



## In these Pandemic Times from Languishing to Flourishing!

### What does Wellbeing mean to you?

- ✓ Does it include the presence of positive emotions and moods such as contentment & happiness and the absence of negative emotions such as depression and anxiety?
- ✓ Does it include satisfaction with life, fulfillment and positive functioning?
- ✓ Or does wellbeing for you simply mean living life with a positive outlook and feeling good?
- ✓ Each one of us has our own personal definition of health and wellbeing!

The Coronavirus pandemic has been marked across the world by people being 'locked in' and 'locked down' to various degrees, as one of the important Non-pharmacological Interventions to control the pandemic. Did you feel 'locked-up'?

### Mental Health and Wellbeing

Depression - Languishing - Flourishing



#### Languishing

- You are not feeling 'on top of your 'game.'
- You are feeling dull with low motivation, and a diminished ability to focus.
- You don't have any symptoms of mental ill-health, but you are not exactly feeling very well.

#### Flourishing

- You have a sense of meaning, and mastery.
- You feel that you matter to others.
- You look forward to your day.
- You feel happy and well and feel that you have a purpose in life.

### To improve your chances of flourishing, try these:

**1. Work on social relationships** - to expand and enhance your social support system. Make new friends and deepen your existing relationships with friends, family, and romantic partners.

**2. Commit to experiencing the good in life.** Think good thoughts, speak good words, do good deeds. Set simple goals for reaching attainable milestones in life that are important to you, be realistic.

**3. Focus on having more fun!** - Schedule opportunities to simply enjoy life's pleasures once in a while. Do whatever it takes to smile more, laugh more, and enjoy yourself more.

**4. Enhance your sense of purpose and meaning in life** - Decide what you value most and commit to keeping these values in focus as you work, learn, love, and live. Do things that are fulfilling at work and in your spare time. Be authentic and true to your values!

*None of these steps are easy, but the end result is worth it.*

#### Flourishing

- ✓ When you 'flourish', you are moving beyond the narrow boundaries of simple happiness or wellbeing.
- ✓ To flourish means to be 'full of life' and to be happy with your life!

**You can flourish, if you put your mind to it!**