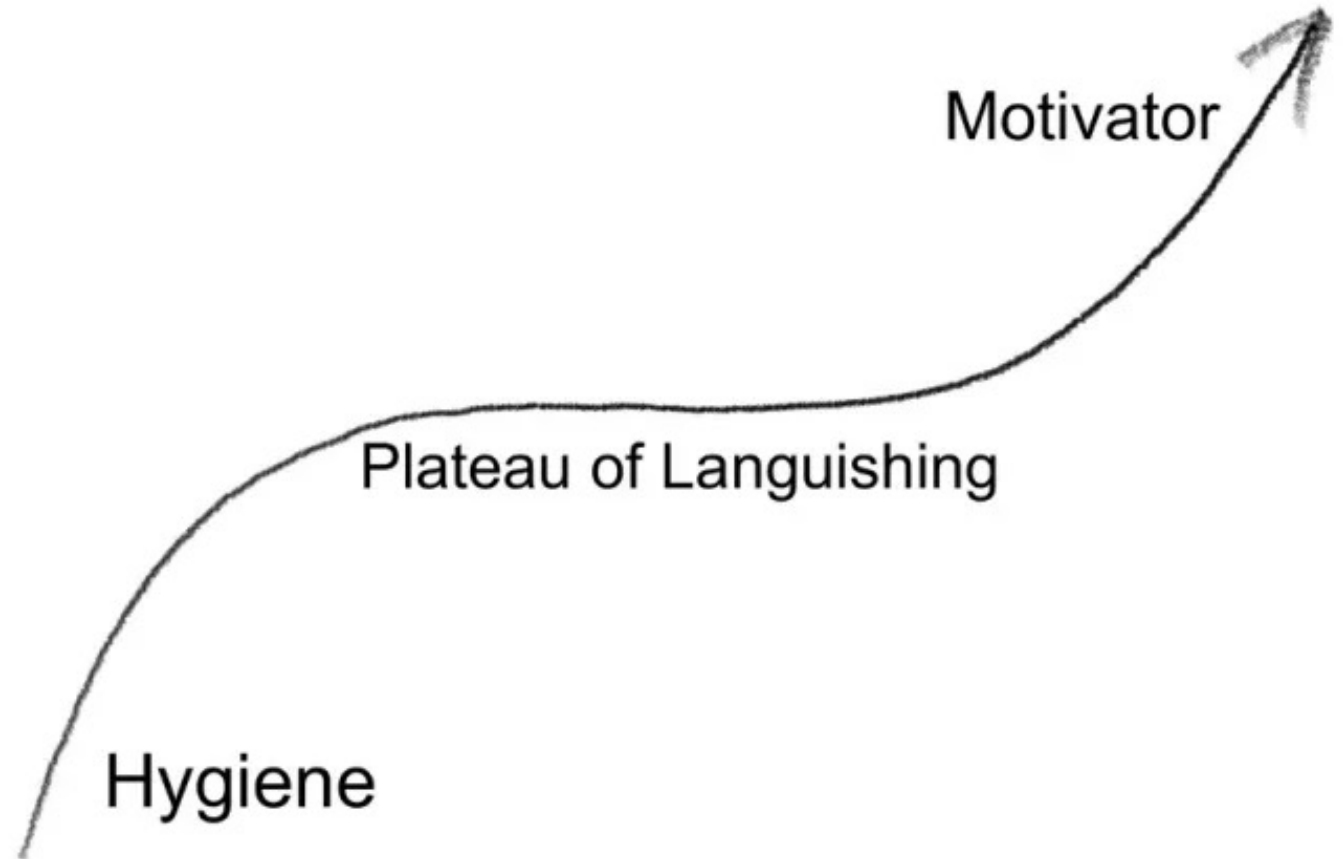


Getting in and out of Languishing



About Adrian



Scope



WHAT IS LANGUISHING?



HOW DO WE GET INTO
IT?



HOW CAN WE GROW
FROM IT?

Before we dive in....

Mental disorder /
Mental illness?

Mental health /
Mental wellness /
Mental well-
being?

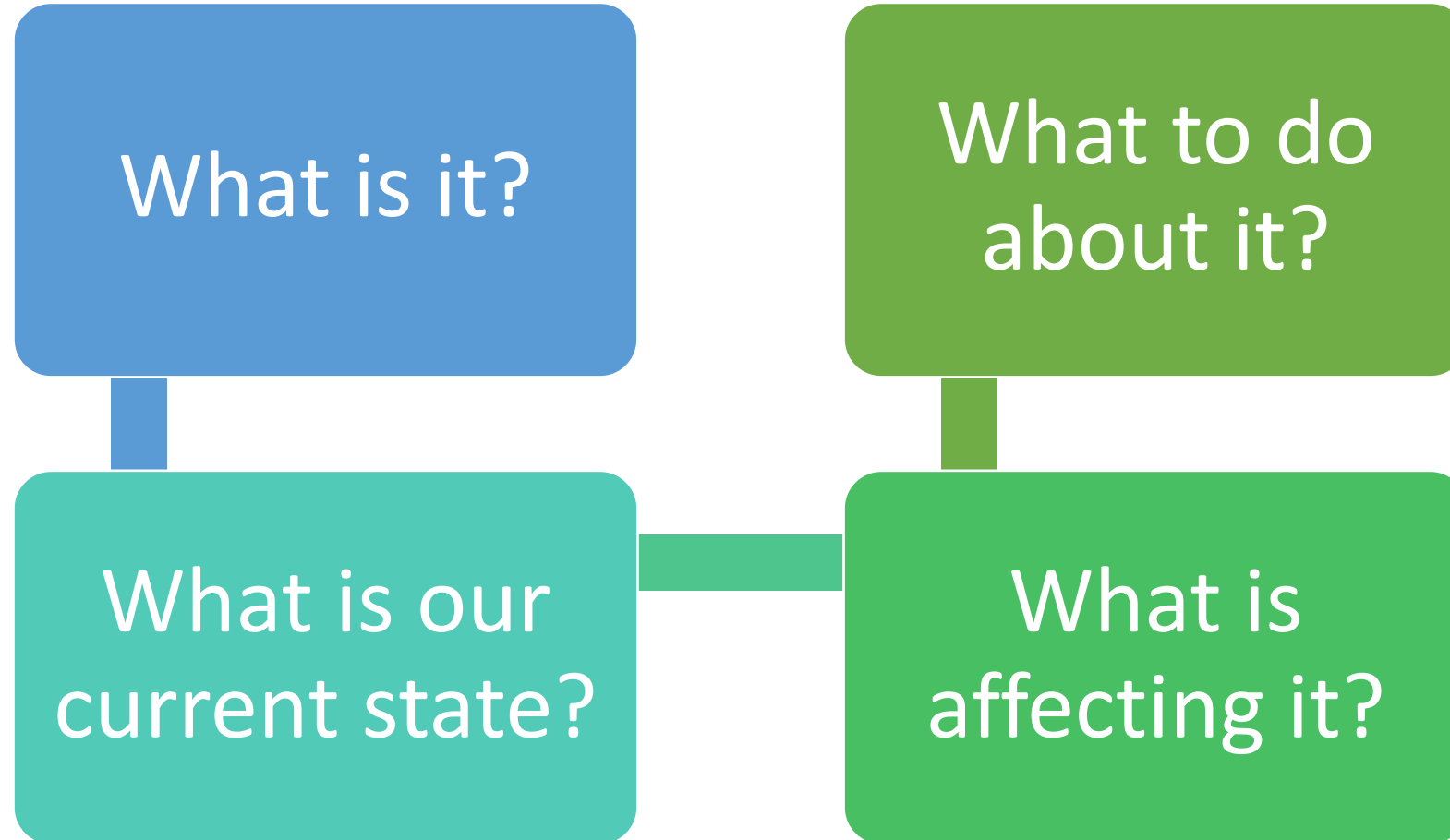
Which one is possibly a mental illness, and which one is likely not?

- Feeling depressed today because my dog died
- Feeling so down that I want to take my life
- Concerned about my weight because someone said I looked pregnant
- Skipping meals frequently even though I've been losing weight and even after people have commented that I look too skinny
- Feeling that life has no meaning, but still willing to carry on
- Feeling that life has no meaning, and that there is no point trying any further

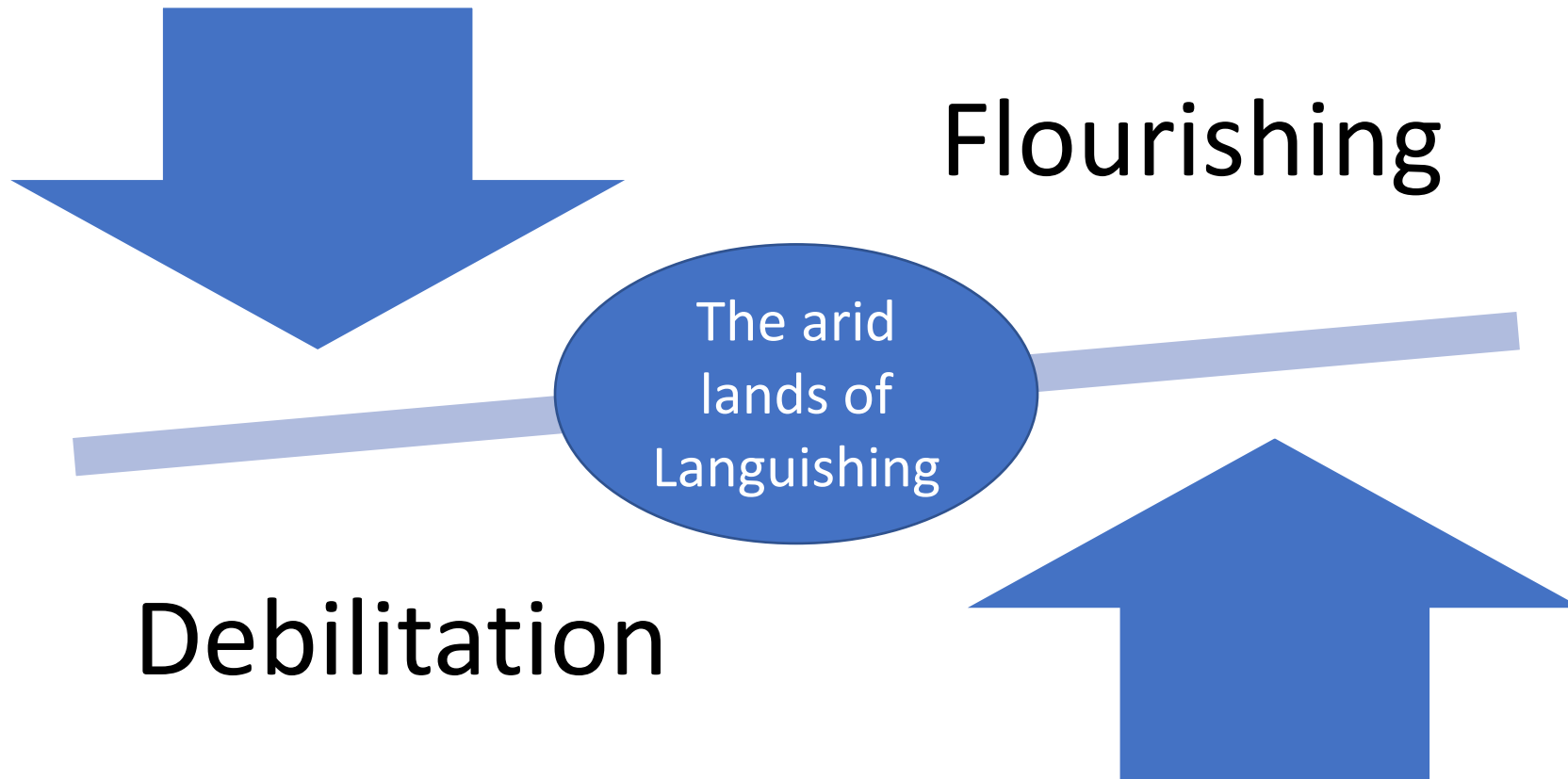
Caveat

- We are not here to diagnose mental illnesses
- If you suspect you or someone you know may have a mental illness, please consult a specialist
- The things we are going to talk about are not in the realm of mental illnesses, but mental wellness

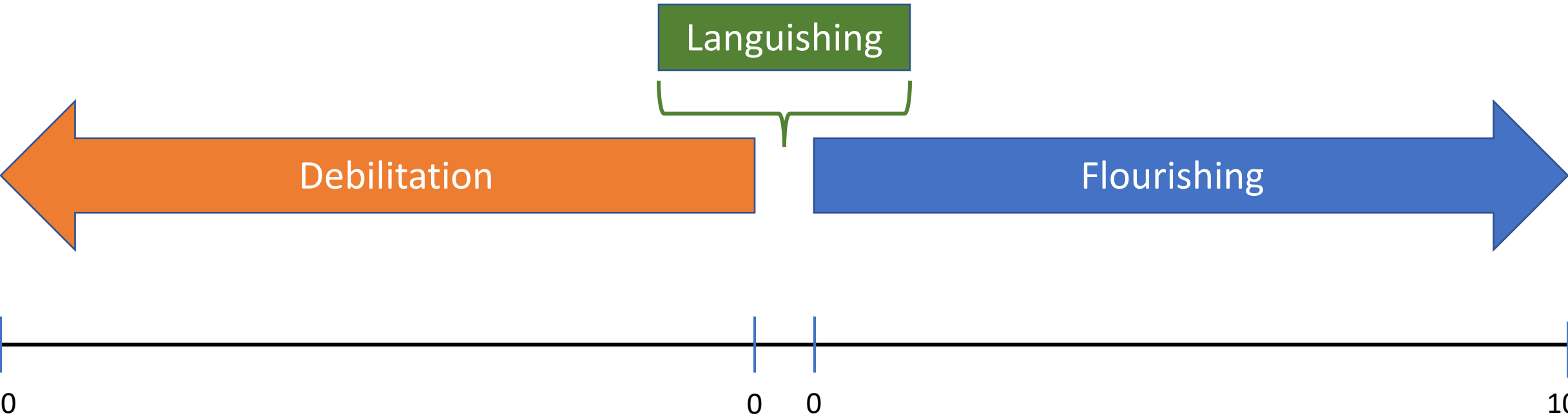
When we talk about Mental Wellness, we want to know ...



Your State of Mental Health can lead to



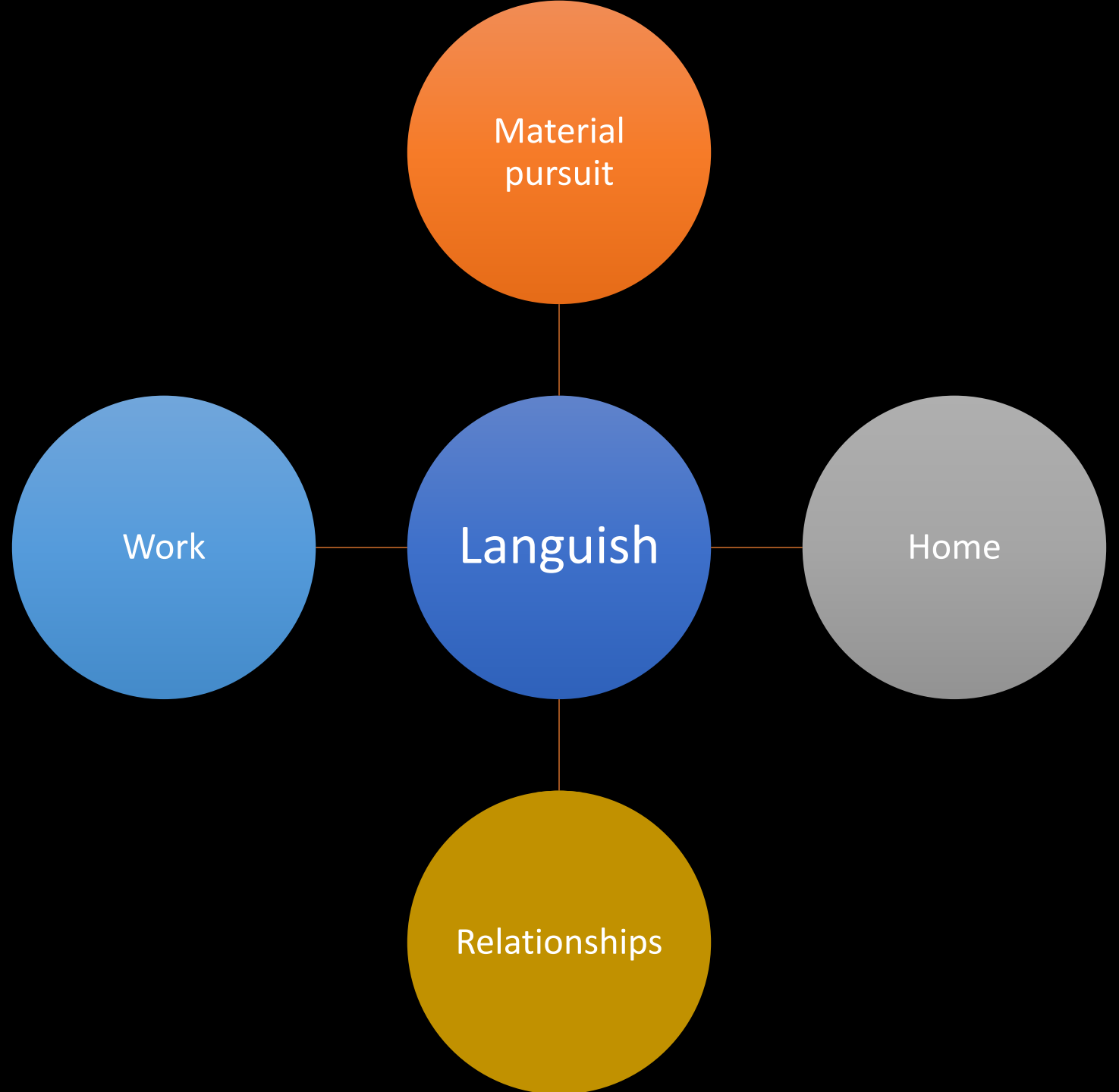
The Languishing Spectrum



Part 1: Defining Languishing

- Corey Keyes: A state of “not flourishing”
- But not really debilitating
- Apathy, a sense of restlessness or feeling unsettled or an overall lack of interest in life or the things that typically bring you joy
- Encompasses distressing feelings of stagnation, monotony, and emptiness
- Very ‘sian’ and ‘bo chap’

Languishing
has
contextual
contributions





Languishing is more than a mood

Languishing has emotional, motivational and cognitive components

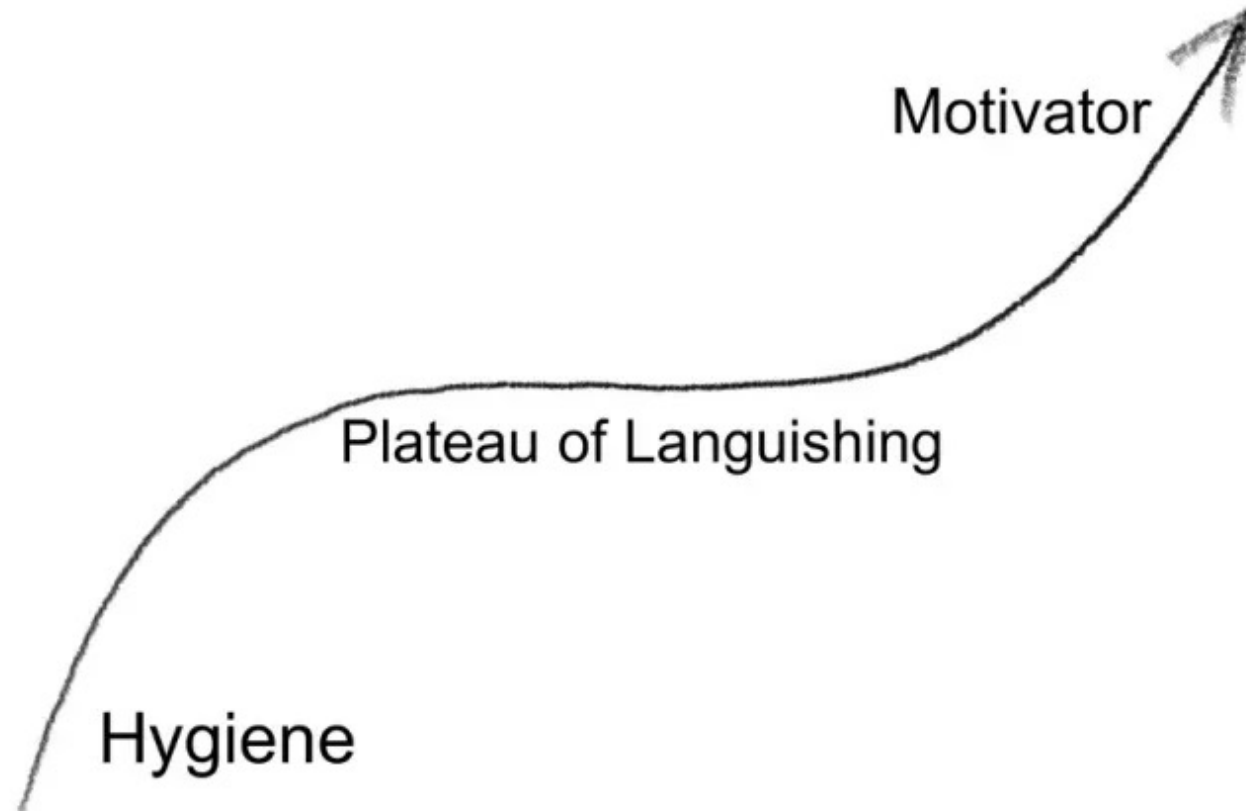


So, what is it?



- Is it an issue of mental health or mental disorder?
- Is it symptomatic of something else or real in and of itself?
- Should we be pre-emptive or curative?

Part 2: How do we get into the state of languishing?



Some things are clearly hygiene



WIFI



AIR CON

Some things are clearly motivators

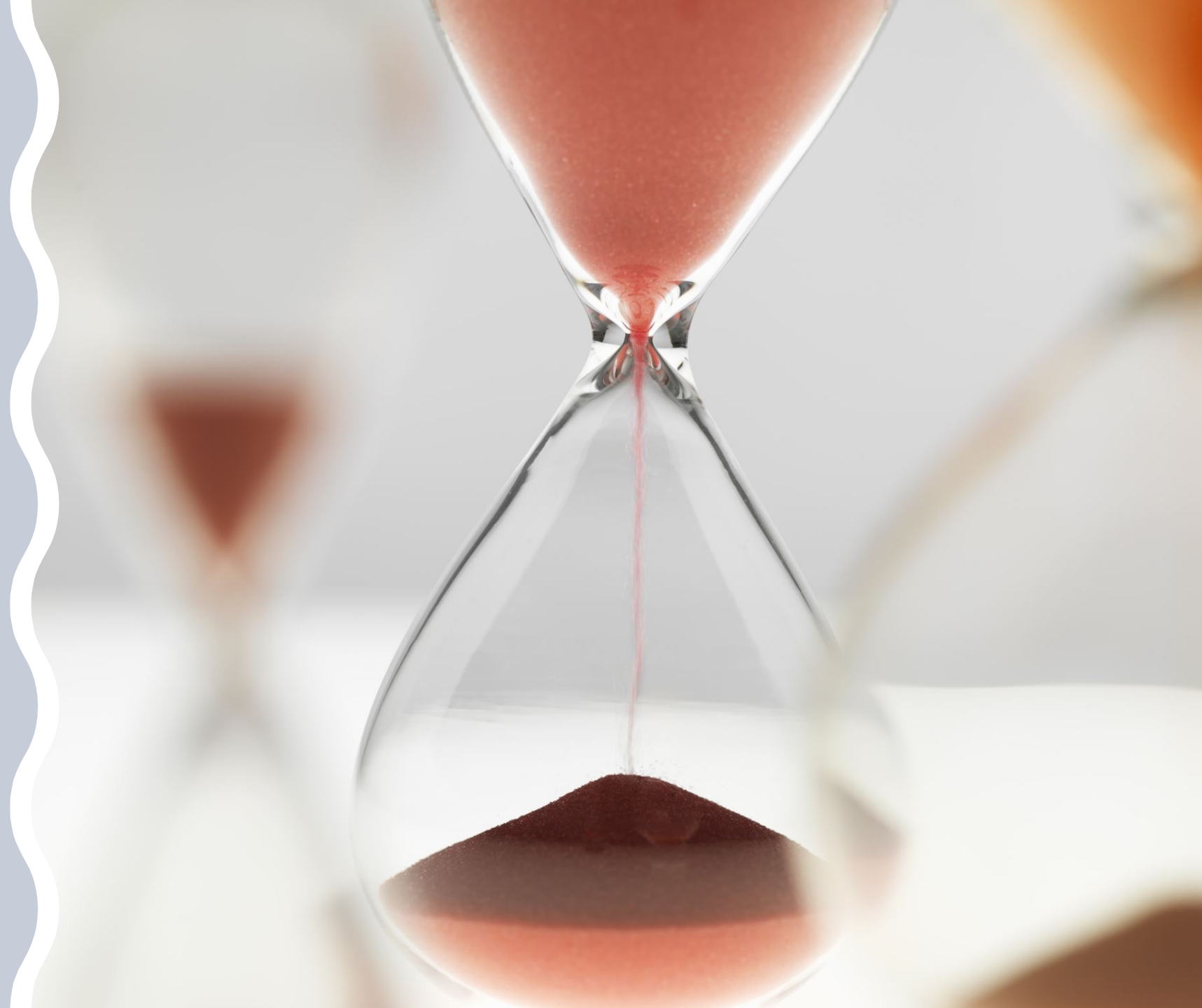


LIFE PURPOSE



PERSONAL GROWTH

Some
things can
start as
motivators
and change
over time



An illustration: Pursuit of Money

- As a Hygiene: I need money to pay the bills. But once I have enough to pay my bills, more of it does not mean much for me
- As a Motivator: I want to earn more money because it proves that I am good. The more I have, the "better" I am
- From Motivator to Hygiene: After earning so much, I realized that money does not make me a better person
- This is when the pursuit of money loses its role as a motivator

Summary: We veer towards languishing when



OUR MOTIVATORS BECOME MORE
HYGIENE-LIKE OVER TIME



OUR MOTIVATORS ARE NOT
STRENGTHENED TO MAINTAIN
THEIR EFFICACY



WE DO NOT DISCOVER MORE
MOTIVATORS

Reflection:

What are your motivators?



Go to Menti.com &
type in 1611 8679



Part 3: How
to grow from
the state of
languishing?





Tip 1: Learn to Rest from Toil

- Daily
- Weekly
- Seasonally
- Annually

7 Types of Rest & Recharging



Physical



Mental



Social



Spiritual



Sensory



Emotional



Creative

A scenic landscape featuring a calm lake in the foreground that perfectly reflects the sky and the surrounding mountains. The sky is a mix of deep blue and soft orange, with scattered white clouds. The mountains are dark and rugged, with some snow or light-colored rock visible on their peaks. In the distance, a small cluster of white buildings is visible on the right side. The overall mood is peaceful and serene.

Tip 2: Reflect & Harvest

A stack of several journals is shown against a dark background. The top journal is open, revealing a page with a hand-drawn heart in blue ink and the word "address" written in blue ink. The journals have dark covers and are stacked on top of each other. The lighting is soft, highlighting the edges of the pages and the texture of the covers.

My Journey of Journaling

Tip 3: Grow my Motivators List

- Love-filled life
- Purpose-driven seasons
- Celebrating milestones
- Perfecting oneself
- Contentment with oneself
- Creating things
- Finding work that ties all these together



One last thought

Languishing is the in-between space before tremendous breakthrough occurs

