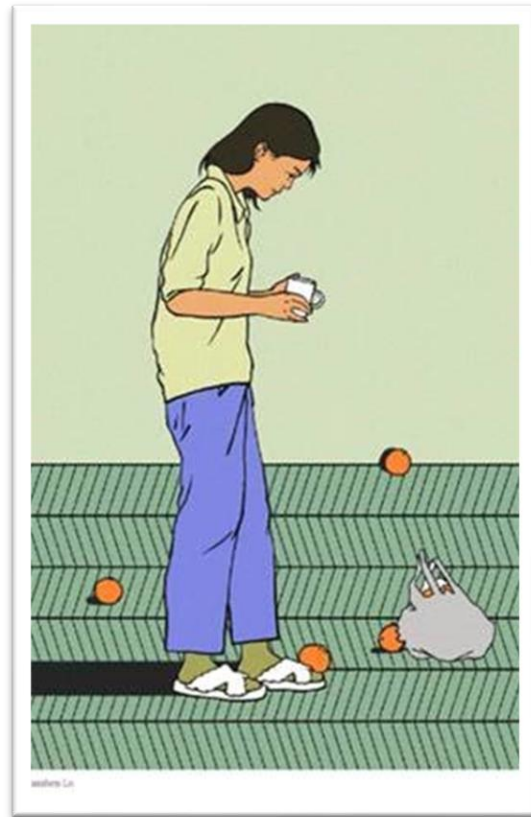


Overcoming ‘Languishing’ Coming Out of the Pandemic

For many, the trauma of this pandemic is not over and WellSpan [is here to help](#) you cope with this long-term toll. For many others, another term may better apply: Languishing.

We are moving slightly ahead or at best holding our own. But we are assuredly not flourishing yet coming out of the worst of the pandemic. It’s not depression. Adam Grant, organizational psychologist at Wharton, uses “languishing” to describe this middle ground of mental health. And there are things you can do about it.

Find time to be uninterrupted so you can become immersed in what you are doing. It allows us to get truly into the flow of things. And focus on small goals so you can rack up small wins, rather than having a constant struggle with the really big things without progress.



[Read more of Adam Grant’s article on overcoming this sense of “Languishing” as published in the New York Times here.](#)