

Languishing, Flourishing, and Your Mental Health

Overview/Description

Over the past few years, employees have been asked to do more, do their work differently and do better in new and challenging ways, all while managing family life and personal responsibilities that seem never-ending. The feeling of languishing or “will this ever end?” abounds throughout the workforce and can have a huge impact on your mental health. Working on our mental health need not be reserved just for those who are in crisis or who are faced with an official diagnosis: Mental health matters for everyone. This interactive session provides more details and helpful ideas on how to move from languishing through work and life to flourishing.

Target Audience

Anyone coping with stress or worry or feeling stuck in a rut

Duration

45-60 minutes

Objectives

This training will help you:

- Understand the concepts of languishing and flourishing
- Reflect on your current mental wellness status
- Describe three concrete approaches to move from languishing to flourishing
- Identify and action plan to implement within the next 30 days to move toward flourishing

[Click here to watch the recorded version of this webinar!](#)