

How to Stop Languishing and Start Finding Flow

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Have you found yourself staying up late, joylessly bingeing TV shows and doomscrolling through the news, or simply navigating your day uninspired and aimless? Chances are you're languishing, says organizational psychologist Adam Grant — a psychic malaise that has become all too common after many months of the pandemic. He breaks down the key indicators of languishing and presents three ways to escape that “meh” feeling and start finding your flow.

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