

The Other Side of Languishing Is Flourishing. Here's How to Get There.

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With vaccination rates on the rise, hope is in the air. But after a year of trauma, isolation and grief, how long will it take before life finally — *finally* — feels good?

Post-pandemic, the answer to that question may be in your own hands. A growing body of research shows that there are simple steps you can take to recharge your emotional batteries and spark a sense of fulfillment, purpose and happiness. The psychology community calls this lofty combination of physical, mental and emotional fitness “[flourishing](#).” It is the exact opposite of languishing, that sense of stagnation Adam Grant [wrote about recently](#) for The Times.

“Flourishing really is what people are ultimately after,” said Tyler J. VanderWeele, an epidemiology and biostatistics professor and director of Harvard’s [Human Flourishing Program](#). “It’s living the good life. We usually think about flourishing as living in a state in which all aspects of a person’s life are good — it’s really an all-encompassing notion.”

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