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Psychological Tips Aren't Enough – Policies Need To Address Structural Inequities So Everyone Can Flourish

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“Languishing” is the in-vogue term for today’s widely shared sense of pandemic malaise. According to **some psychologists**, you can stop languishing with **simple steps**: Savor the small stuff. Do five good deeds. Find activities that let you “**flow**.” Change how you think and what you do, and today’s languishing can become tomorrow’s **flourishing**.

But in an unjust world burdened by concurrent threats – war, a pandemic, the slow burn of climate change – does this argument ring true? Can **simple activities** like these really help us – all of us – flourish?