

Want to find your way back to thriving? We've got your comeback coach.

Start your recovery from “meh” today with our **free** Essential Guide to Burnout.

On paper, your life looks incredible.

You have a great job. You're healthy. You've got a long list of completed goals.

You've worked extremely hard to get exactly where you are.

So why aren't you having fun anymore?

Sure, you're not despondent, but you're not feeling like yourself, either. You've used a few too many of your sick days. Looking at your dwindling vacation bank is starting to stress you out.

You keep browsing job boards, wondering if a change of scenery might shake you out of your funk.

Or maybe it's not job sites, it's travel sites.

Online shopping.

One more glass of wine.

Maybe I should move overseas...

What's wrong with me?

You're not the only one feeling not-quite-yourself these days. In fact, sociologists have a word for what you're experiencing: **languishing**. And it's so ubiquitous among professionals in 2021, [the New York Times wrote an article about it](#).

There's a Name for the Blah You're Feeling: It's Called Languishing

The neglected middle child of mental health can dull your motivation and focus — and it may be the dominant emotion of 2021.

While we tend to view mental health as the absence of mental illness, it's actually more complicated than that. At your best and happiest, sociologists wouldn't call you "depression-free" or "anxiety-free". They'd say that you're **flourishing**.

When you're flourishing, you want to dive into your work because it feels life-giving.

When you're languishing, you want to get away from work because it feels soul-sucking.

Think back to before you started feeling so unmotivated- back when you still liked going to work. Do you remember being so into a project you lost track of time? When you went home from work feeling better than when you showed up? Experts call that creative, productive, happy state "**flow**".

There are researchers who have dedicated their careers to studying flow, and they've found that **flourishing and flow go hand in hand**. The more you experience flow, the less likely you are to languish.

The Bad News

The truth is, if you could have flipped the switch from languishing to flourishing yourself, you would have done it already.

And sure, *maybe* something will happen to you that snaps you out of it.

Maybe you'll win the lottery.

Get a promotion.

Have an epiphany.

But while you wait around for something to happen *to you*, your life is happening *around you*. And why should you waste one more day languishing when you could be flourishing instead?

The Good News

You might not know how to get there from here- but *someone* does.

When you're not feeling so "meh" about your job, you're probably great at it. Clients can come to you and if you can't fix it, you know how to figure it out. Feeling unmotivated can be especially jarring when you're usually *killing it*.

We get it- it's how we are with our work, too.

Luckily, our work is *helping you get your groove back*.

We Know the Way

Sublime Shift's founder, Svetlana Dimovski, has been guiding professionals into seasons of flourishing for decades. In fact, she used to do so for Fortune 500 companies like Proctor and Gamble. Eventually, she created Sublime Shift to offer her services to anyone wanting to thrive.

Quote from Lana about burnout, flourishing, and flow.

Lana Dimovski

Over the past 10 years, Sublime Shift Studio has helped over 300 professionals move past burnout and create lives they love to live.

"I felt very anxious, frustrated, and disappointed many days at work. I didn't feel as if I was making a meaningful impact to society in my role and was struggling to deal with work-related stressors after hours...

[We addressed] a couple of key areas that have allowed me to change my perspective... [this has] resulted in decreased anxiety and a clearer sense of purpose. I am much more confident in my abilities to make my current role work better and to explore other career options with greater certainty."

Kaitlin W., Team Lead, Analytics Consultant, USA

At Sublime Shift, we have seen many clients like Kaitlin shake off burnout and apathy. That's why we do what we do- we know that with the right guidance, you can stop struggling and really thrive.

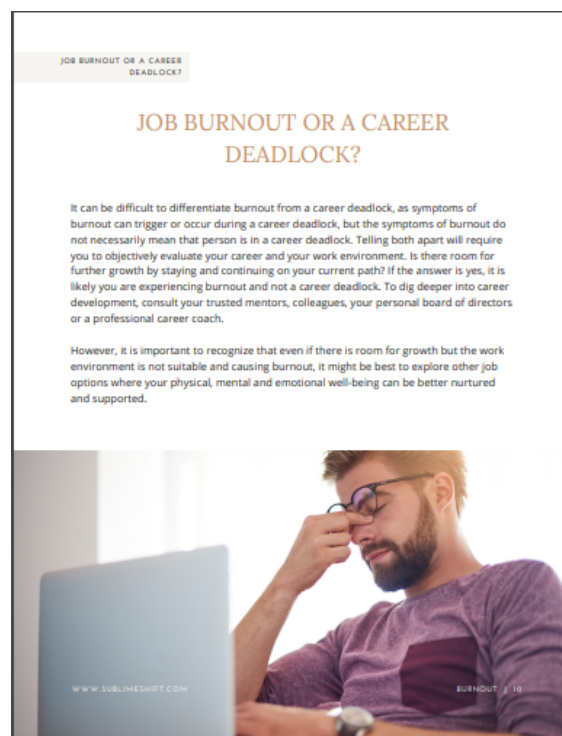
Shall We Start Small?

Not ready to make any commitments? We get it.
The inertia inherent in languishing makes it difficult to get going.
Luckily, we've found momentum of small actions can lead to big changes.

So here's one small, free step in the right direction.

Let Lana show you a few simple steps towards health with her ebook, the Essential Guide to Burnout.

Inside the free resource, you'll find easy ways to change your trajectory towards health. It also contains helpful tips, like how to discern between job burnout and career deadlock.



Tell us where to send it, and we'll get it into your hands. For free. Think of it as a chance to read one of the playbooks before lacing up your cleats. Proof that the coach knows a thing or two about getting you to the end zone.

And there's no obligation- if you decide you're not ready to commit fully to wellness, or you want to go another direction, you'll go with all our best wishes. We just hope that this book sparks positive change in a tumultuous time.

I'm ready to make a change- send me the Burnout Guide so I can get started.