

GROW HOPE

HOPE is our ability to see possibilities, even in difficult times.

HOPE is not just about feeling good.

Being hopeful means knowing that things might not work out the way we want, but trying something out anyway.

At times it can be difficult to feel hopeful, especially when we've been let down in the past.

HOPE IS AN ACTION.

Interestingly, we don't need to feel hopeful to be able to take actions that can help grow our hope.

The only way to know what might end up working is to try things out.

The more actions we're willing to try, the greater the chances are that we will find something that works for us.

Hopeful actions we can take:

Reflect on
Successes

Cheer for
YOURSELF

Connect with
hopeful
people

Try new things
even if
you don't
feel hopeful

BREATHE

Practice a
Growth
Mindset

Ask for
Help

**IF YOU ARE STRUGGLING TO FIND HOPE
IT IS IMPORTANT TO REACH OUT FOR HELP**

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**24/7 HELP RESOURCES AVAILABLE FOR YOU:
CALL 1-800-273-TALK (8255)
TEXT HOPE TO 741741**

REFLECT:

1. What gives you hope?
2. Who inspires you to be hopeful?
3. What is a hopeful thought you can focus on?
4. What is a hopeful action you can take this week?

CHALLENGE:

Share your reflections with someone you trust and ask what gives them hope.

