

The Five Keys to **SHINE Hope™**

S TRESS SKILLS



H APPINESS HABITS



I NSPIRED ACTIONS



N OURISHING NETWORK



E LIMINATE CHALLENGES



 **Hopeful Cities**

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STRESS SKILLS

Stress Skills are actions that help you navigate your stress response and work through your body's chemical response to external stimuli. By practicing them, you are teaching yourself how to proactively manage the *emotional despair* found in hopelessness and move towards positive feelings where you activate hope.



The Stress Response

This is when you are emotionally triggered by something in your environment, and you go into fight, flight, freeze, or fawn mode as your body releases stress hormones, such as cortisol, adrenaline, and norepinephrine. You are in your downstairs brain, and can't reach your upstairs brain; the upstairs brain is the place where you make good decisions for moving towards all you hope for in life.

Stress Skills

90 Second Pause
Deep Belly Breathing
Napping
Calming Music
Reaffirming beliefs
Visualization
Sensory Engagement
Punching a Pillow

Crying
Prayer
Walk in Nature
Meditation
Yoga
Decluttering

Focus on strengths
Journaling
Exercise
Gardening
Time Near Water
and Nature



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HAPPINESS HABITS

Happiness Habits are healthy, long-term actions that cause your brain to release happiness hormones including endorphins, dopamine, serotonin, and oxytocin. Happiness Habits help you stay in your upstairs brain, where you access the problem-solving skills, collaboration, and passion critical for hope.



Positive Feelings

Positive feelings, the first ingredient of hope, are feelings that are located in your upstairs brain like wonder, joy, and peace that make it easier to overcome obstacles that get in the way of hope. You proactively manage the emotional despair of hopelessness using Stress Skills and use your Happiness Habits to stay in your upstairs brain, where you then energetically move towards your goals in life.

Happiness Habits

- Utilizing strengths
- Pursuing passion
- Activating purpose
- Smiling
- Exercising
- Playing or Listening to Music
- Spending time in Nature

- Showing Gratitude and Kindness
- Playing Games
- Volunteering
- Time with Family and Friends
- Experiencing Wonder & Awe
- Practicing Faith

- Sleeping
- Nutrition
- Dancing and Singing
- Donating
- Giving a hug
- Setting Goals
- Practicing Affirmations



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I NSPIRED ACTIONS

Inspired Actions, the second ingredient of hope, are the deliberate steps you take toward your goals in life. Inspired Actions help you to move away from the motivational helplessness, the second ingredient of hopelessness, and toward what you are hopeful for in life.



Types of Goals:

- ✓ WOOP
- ✓ Achievement
- ✓ Intrinsic
- ✓ SMART
- ✓ Stretch
- ✓ Micro-Goals

Pathways, Agency, and Regoaling

Obstacles are inevitable, and sometimes you can't reach the goal as you intended. It is important to embrace obstacles to goals, learn to pivot or reevaluate, be flexible and adaptable, and never be afraid to ask for help.

If a goal seems too big, use the stepping process or create micro-goals to chunk it down into smaller goals. Think of one thing you can do in the next 20 minutes. And know when you need to re-goal.



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NOURISHING NETWORKS

Your Nourishing Networks, also known as your Hope Networks, are the people in your life that provide you with support, help you stay on track, encourage you to succeed, and who you do the same for in return. You are up to 95% more likely to achieve a goal if you write it down, and check in with someone regularly. So Nourishing Networks are critical support systems for moving you towards what you hope for in life.



Your Hope Networks should include:

- ✓ People who know and understand you.
- ✓ People who value your strengths.
- ✓ People who activate the SHINE framework.
- ✓ People whom you trust and can confide in.
- ✓ People who are available to support you.
- ✓ People you are willing to do the above for as well.

Enhancing Your Hope Networks

Enhance your Hope Networks using the 5:1 rule, vulnerability, praise, recognition, kindness, gratitude, empathy, compassion, collaboration, and strong communication, and be sure to have different networks for different areas of life.

Don't forget to include doctors, therapists, and/or other medical professionals in your Hope Networks.



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EELIMINATING CHALLENGES

Challenges to Hope are negative habits of thought that quickly take you to hopelessness, that emotional despair and sense of helplessness. The thought patterns are often unconscious habits, so becoming aware of these patterns is critical. Once we know what they are and recognize them, it is important to counteract them so that we don't let them keep us from all we hope for in life.



Eliminating Challenges

Most of the Challenges to Hope take constant, repetitive actions to change and overcome. Thanks to the science of neuroplasticity, we know it is possible with practice and dedication. The key is to learn to identify what specific challenges happen most frequently and then proactively find ways to manage those challenges.

Challenges to Hope

Limiting Beliefs
Automatic Negative Thoughts (ANTs)
All-or-Nothing Thinking
Negative Bias

Rumination
Worry
Focusing on the Uncontrollable
Attaching to Outcomes
Internalizing Failure



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