

Five Keys to SHINE for Hope

S TRESS SKILLS



H APPINESS HABITS



I NSPIRED ACTIONS



N OURISHING NETWORK



E LIMINATE CHALLENGES



Want to learn more about how to create,
sustain, and grow **HOPE**?
Join the Movement at **hopefulcities.org**

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STRESS SKILLS

When you are emotionally triggered by something in your environment, you go into fight, flight, freeze, or fawn mode as your body releases stress hormones, such as cortisol, adrenaline, and norepinephrine. This is called your **stress response**. When you experience your stress response, you go to your downstairs brain, and can't reach your positive feelings, problem-solving skills, or hope.

Stress Skills are skills that help you navigate your stress response, calm your downstairs brain, and return to a neutral state. By practicing Stress Skills, you are teaching yourself how to work through your body's chemical response to external stimuli and then respond calmly from your upstairs brain.

Stress Skills:

90 Second Rule
Deep Belly Breathing
Meditation
Sleep
Calming Music
Visualization

Journaling
Exercise
Sensory Engagement
Gardening
Time Near Water and Nature

Using a safe word
Punching a Pillow
Crying
Taking a break
Petting Animals



2

HAPPINESS HABITS

Happiness Habits are healthy, long-term actions that you can take to foster positive feelings and stay in your upstairs brain. When we take time for Happiness Habits, our brain releases endorphins, dopamine, serotonin, and oxytocin, also known as the four horsemen of happiness.

Positive feelings, the first ingredient of hope, are feelings that are located in your upstairs brain. They are the feelings that help you maintain a hopeful mindset and encourage you to keep moving towards your goals. So, if you want to have a strong hopeful mindset, you want to spend as much time as possible in your upstairs brain.

Happiness Habits:

Morning Routine
Smiling
Exercise
Invigorating Music
Nature

Playing an Instrument
Singing
Gratitude
Kindness
Games

Volunteering
Family
Friends
Wonder & Awe
Faith

3

INSPIRED ACTIONS

Inspired actions are the second ingredient of hope. You can practice inspired actions by creating purposeful goals. You can use:

- 1 Stretch Goals
- 2 Achievement or Positive Goals
- 3 SMART Goals

Purposeful goals help you keep a hopeful mindset by giving you something to look forward to and encouraging you to work towards your future.

Remember:

- Set Stretch Goals (big goals that are challenging, but not impossible, to reach) and then set smaller goals to help you get there.
- Your goals should always be Achievement or Positive Goals: Goals that are aimed at accomplishing an outcome rather than avoiding an outcome (Avoidance or Negative Goals).
- Your goals should primarily be SMART: Specific, Measurable, Attainable, Relevant, and Time-bound
- If your goal seems too big, chunk it down into smaller goals (also known as a stepping process).
- Obstacles are a part of life. Embrace the obstacle and learn to pivot, reevaluate, and ask for help.



4

NOURISHING NETWORK

Choose your family, friends, or coworkers who are able to provide support, and help you stay on track. Make sure they see the best in you and want you to succeed. Also, be sure to include doctors, therapists, psychologists, faith leaders, and/or other medical professionals.

Make sure you know where to go in times of crisis, when the people around you may not be able to provide the support you need.

Your Hope Network should only include:

- People who know and understand you
- People who value your strengths
- People who contribute to your hopeful mindset
- People in whom you can confide
- People who are available to support you

Enhance Your Hope Network with:

- 5:1 Rule
- Vulnerability
- Recognition
- Kindness
- Empathy
- Strong Communication

Don't forget to include doctors, therapists, psychologists and/or other medical professionals in your Hope Network!



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ELIMINATE CHALLENGES

Most of the challenges to hope are habits of thought, and take constant, repetitive actions to change them. Thanks to the science of neuroplasticity, we know it is possible with practice and dedication.

Challenges to Hope can quickly take you from hope to hopelessness. However, once you identify these Challenges to Hope, you can use your Stress Skills, Happiness Habits, Inspired Actions, and Hope Network to overcome them.

Challenges to Hope:

- Rumination
- Worry
- Internalizing Failure
- Focusing on the Uncontrollable
- Automatic Negative Thoughts
- Limiting Beliefs
- All-or-Nothing Thinking

Know Where to Go for Support

www.ifred.org/individual-support/

