



Hopelessness is both emotional despair (sad, anger, fear) and motivational helplessness (powerless). We all experience moments of them, every day.
Shine skills navigate you back to HOPE.



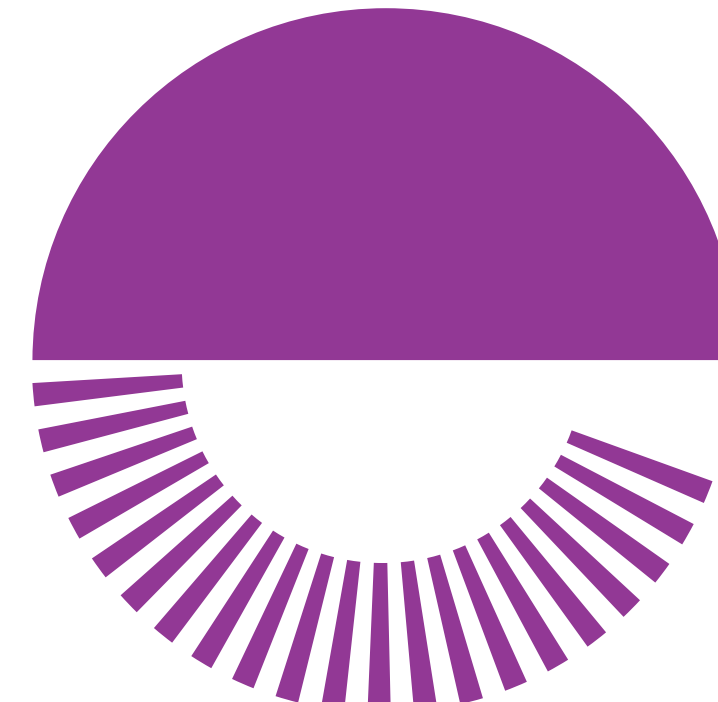
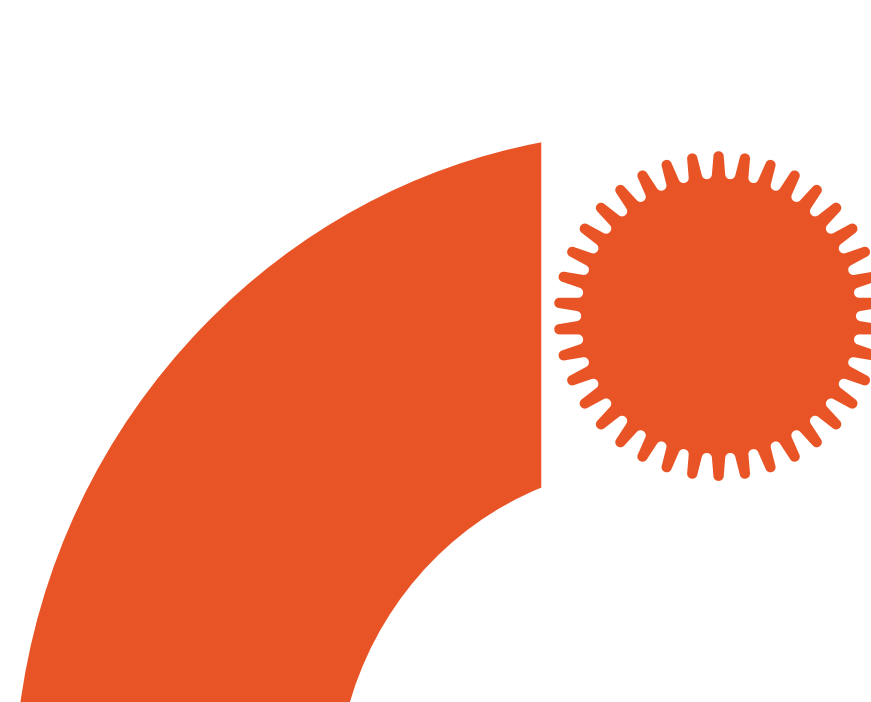
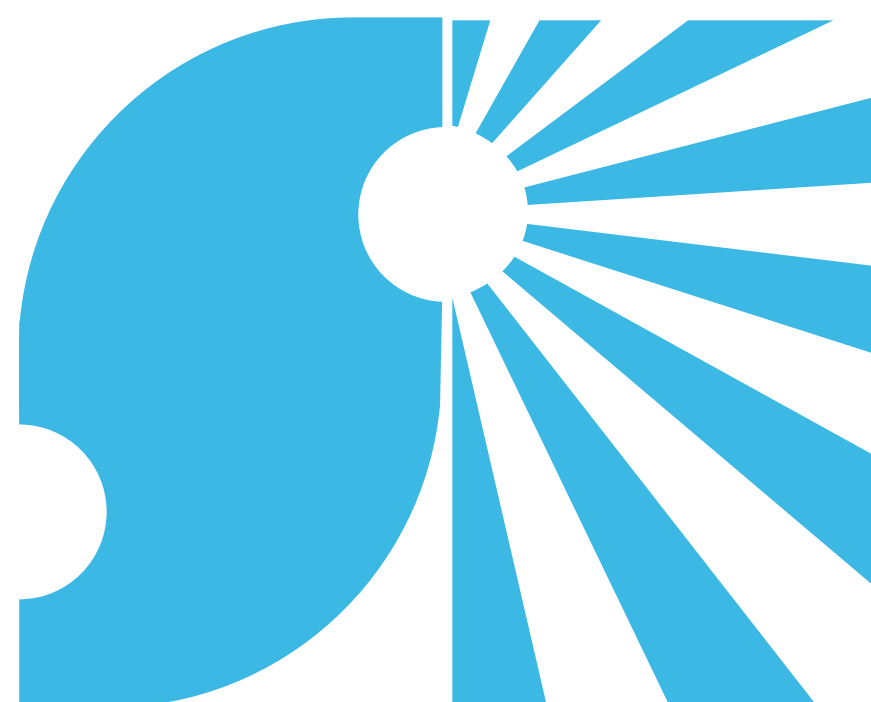
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Scan the code to measure hope with the Hope Scale!



A HOW-TO FOR HOPE IN TRYING TIMES



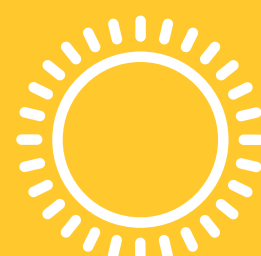
S TRESS SKILLS

90 second pause
Belly breathing
Journaling
Gardening
Calming music
Affirming beliefs
Sensory engagement
Cold plunge
Decluttering
Prayer
Nature walk
Napping
Laughter
Crying
Tapping
Yoga
Mantras



H APPINESS HABITS

Activating purpose
Pursuing passion
Utilizing strengths
Meditation
Smiling
Exercising / Nutrition
Creating / listening to music
Dancing / Singing
Drawing / Painting
Gratitude
Volunteering
Wonder/Awe
Quality sleep
Doodling



I NSPIRED ACTIONS

WOOP process
SMART goals
Stretch goals
Achievement goals
Intrinsic goals
Mastery goals
Micro goals / Stepping
Habit stacking
Visualization
Overcoming obstacles
Regoaling
Write down goals / check in



N OURISHING NETWORKS

5:1 Rule
Compassion
Forgiveness
Love
Gratitude
Recognition
Support
Faith
Trust
Respect
Effective listening
Empathy
Kindness
Animals



E LIMINATING CHALLENGES

Limiting beliefs
Automatic Negative Thoughts (ANTs)
All-or-nothing thinking
Negative bias
Rumination & Worry
Focusing on uncontrollables
Attaching to outcomes
Internalizing failure
Toxic consumption
Nocebo effect
Mind wandering
Implicit bias
Negative framing
Perfectionism
Taking things personally

