



**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.**



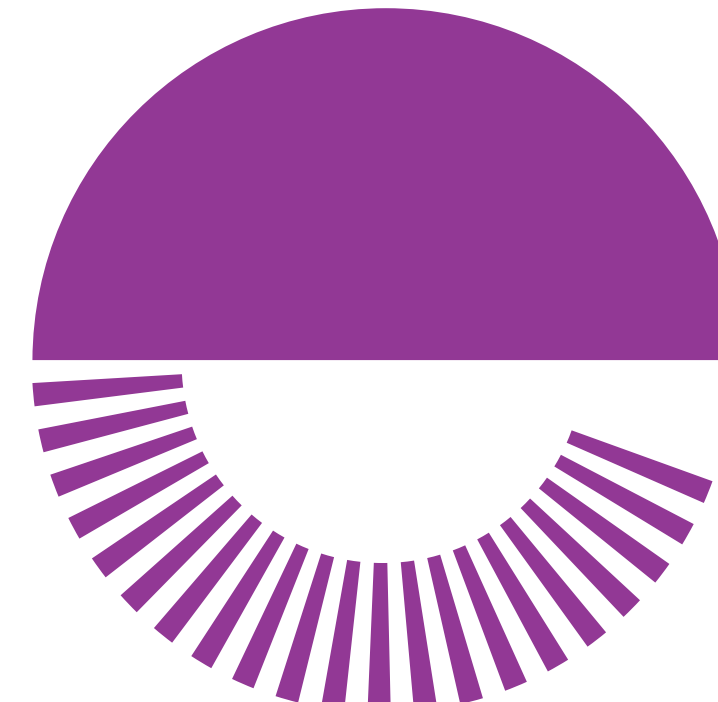
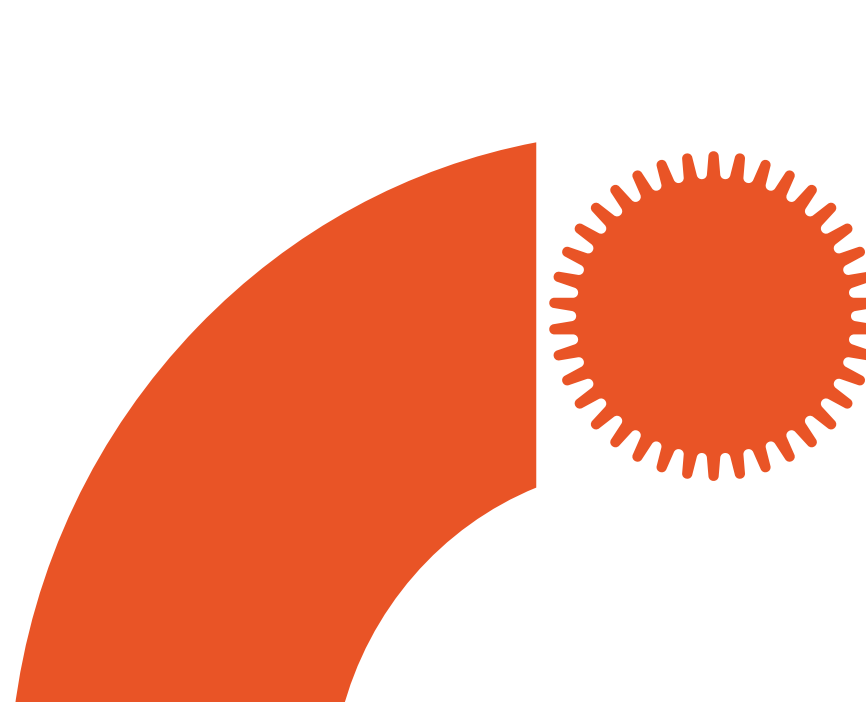
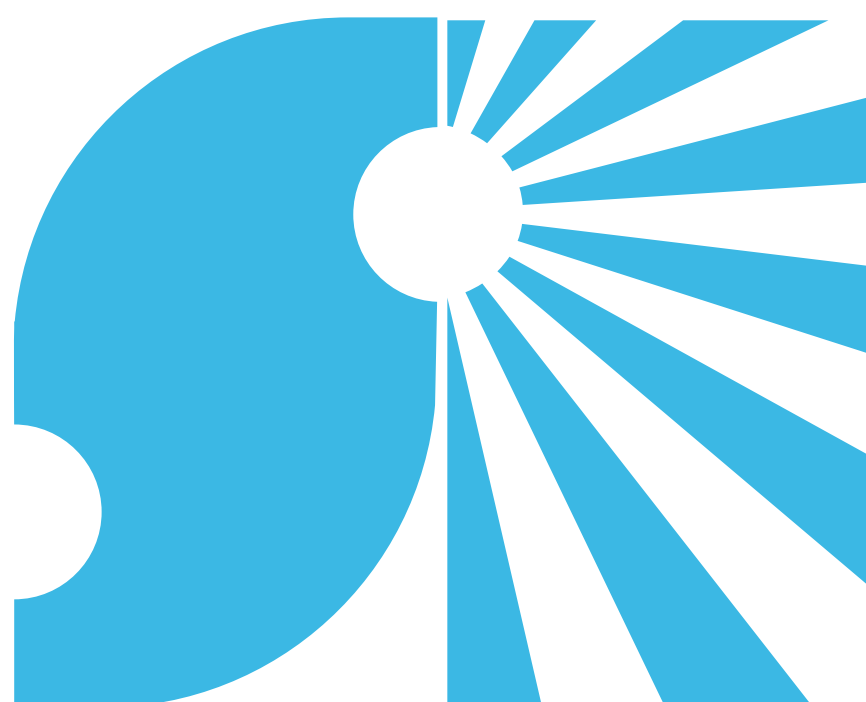
Scan to download the clickable version of this infographic



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

