**City, State, Business, or School Proclamation Template**

**WHEREAS,** a series of events in 2019 including COVID-19 and widespread civil unrest has led to unprecedented increases in hopelessness. Hopelessness for many is a consequence of discrimination and oppression. It is learned and includes emotional despair and motivational helplessness; and

**WHEREAS,** hopelessness is a major symptom of depression, anxiety, addiction, violence, self-harm, homelessness, early death, failure to graduate from school, suicide, poor health, and under performance; and

**WHEREAS,** research has shown that hope is teachable. Higher hope leads to increased community engagement, more productive workforces, better relationships, higher graduation rates, longer lifespans, less crime, less addiction, and reduced poverty. Hope is an inhibiting factor against anxiety and depression, and can be learned at any age; and

**WHEREAS,** iFred, the International Foundation for Research and Education on Depression, has been researching and teaching the Science of Hope worldwide since 2013. In 2020, Reno, Nevada became the first official “Hopeful City” in the world as part of the Hopeful Cities initiative of iFred. The Hopeful Cities initiative seeks to teach all populations the “how-to” of hope; and

**WHEREAS,** hope is available to all and possible no matter what life brings. iFred has created a Hopeful Cities Playbook, a free tool that cities can use to operationalize hope in their own city. The time has come to join together to create a global movement for hope.

**NOW, THEREFORE,** I, (Your Name), (Your Title) of (City/State/Company/School Name) do hereby declare

May 1st , 202X as

**Day of Hope**

In and for (City/State/Company/School Name), launching a week for all to share the science, story, and strategies of hope in (City/State/Company/School Name) and cities around the world.

**IN WITNESS WHEREOF,** I have set my hand and

caused the Seal of the (City/State/Company/School Name),

(State), to be affixed this second day of May, 202X.

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Attest:

(Your Name), (Your Title) (Witness Name), (Witness Title)

(City/State/Company/School Name) (City/State/Company/School Name)