

THE FIVE KEYS FOR HOPE

S TRESS SKILLS



H APPINESS HABITS



I NSPIRED ACTIONS



N OURISHING NETWORK



E LIMINATE CHALLENGES



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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. This is called your stress response.



Stress Skills for Serenity

Stress Skills are skills that help you navigate your stress response, calm yourself down, and return to a hopeful mindset. By practicing Stress Skills, you are teaching yourself how to work through your body's chemical response to external stimuli and then respond calmly.

- 90-Second Rule
- Breathing Techniques
- Meditation
- Sleep
- Calming Music
- Visualization
- Journaling
- Exercise
- Engaging Senses
- Gardening
- Time near water and nature
- Massage
- Tapping
- Laughter
- Yoga

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HAPPINESS HABITS

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 for Positivity

Happiness Habits are healthy, long-term actions that you can take to foster positive feelings and stay in your upstairs brain.

- A Morning Routine
- Smiling
- Exercise
- Uplifting Music
- Nature
- Playing an Instrument
- Singing
- Gratitude
- Kindness
- Games
- Volunteering
- Family
- Friends
- Wonder Awe
- Faith
- Pursuing Passions
- Fulfilling Purposes
- Learning New Things
- Volunteer Work
- Saving Money
- Affirmation
- Laughter
- Nutrition

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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 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:

- Your goals should always be SMART: Specific, Measurable, Attainable, Relevant, and Time-bound
- If your goal seems too big, chunk it down into smaller goals (also known as stepping).
- Obstacles are a part of life. Embrace the obstacle and learn to pivot, reevaluate, regoal, and ask for help.

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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

If you are in crisis, text HOME to 741741 to connect with a crisis counselor.
Find additional resources at www.hopefulcities.org/get-support/

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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

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