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

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

Want to learn more about how to create, sustain, and grow Hopeful Mindsets? Join the Hopeful Mindsets Movement on the College Campus at **hopefulmindsets.com**

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