

International Day for Hope

an iFred.org project

WHAT IS THE INTERNATIONAL DAY OF HOPE?

- The first Monday in May has been declared the International Day of Hope. The mission of the International Day of Hope is to spread the message that hope is teachable, to share the science, stories, and strategies of hope, and to activate the “how-to” of hope in communities around the world.
- The International Day of Hope kicks off a five day campaign to activate hope in your community through the use of the Five Day Global Hope Challenge, yard signs, sunflower gardens, workplace posters, murals, live speaking events, our free online event, teaching Hopeful Minds in the classroom, and so much more!
- As part of the International Day of Hope, Mayors, Governors, and other governmental officials are encouraged to issue a Proclamation making the day official and joining the Hopeful Cities Movement. You can learn more at www.hopefulcities.org.



WHY THE INTERNATIONAL DAY OF HOPE?

- The International Day of Hope is in May because May is Mental Health Month. Hope is critically important for mental health, as it is a teachable skill that is a protective factor for anxiety, depression, addiction, self-harm, and suicide.
- In 2019, Reno, Nevada became the first official “Hopeful City” in the world as part of iFred’s Hopeful Cities initiative. The Hopeful Cities initiative aims to teach all populations the “how-to” of hope.
- iFred has created a Hopeful Cities Playbook, a free tool that cities can use to operationalize “hope” in their own city. The Hopeful Cities Playbook provides instructions about how to become a Hopeful City and implement Day of Hope activities in your community.
- The time has come to join together to create a Global Movement for Hope.



WHY NOW?

Covid-19 and inequality have created unprecedented stress on people around the world. Our ability to effectively manage and adapt to these times determines our success as a society. The Day of Hope will help promote skills for how to proactively manage stress, channel emotions for good, and effectively create change for the better. Join us today.

We would like to thank our Sponsors:



Learn more about the International Day of Hope by visiting www.hopefulcities.org

Join the International Day of Hope online event on May 2nd at 9:30 am PST.

Find out how at www.facebook.com/ifredorg

[f @ifredorg](https://www.facebook.com/ifredorg) [t @ifredorg](https://twitter.com/ifredorg) [i @ifredorg](https://www.instagram.com/ifredorg)

