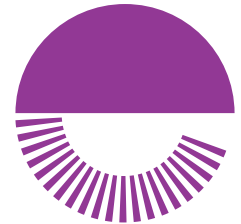
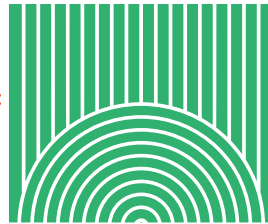
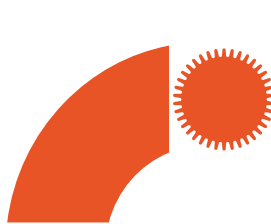
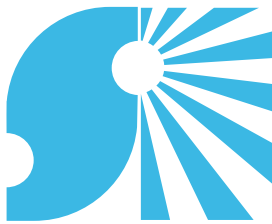


SHINE HOPE™

A HOW-TO FOR HOPE IN TRYING TIMES

Scan the code to measure hope with the Hope Scale!



S TRESS SKILLS

- 90 second pause
- Belly breathing
- Reaffirming beliefs
- Calming music
- Napping
- Tapping
- Nature walk
- Decluttering
- Gardening
- Prayer



H APPINESS HABITS

- Activating purpose
- Pursuing passion
- Utilizing strengths
- Exercising/ Nutrition
- Music
- Gratitude
- Volunteering
- Wonder/Awe
- Dancing and singing
- Drawing or Painting



I NSPIRED ACTIONS

- WOOP goals
- Stretch goals
- SMART goals
- Achievement goals
- Intrinsic goals
- Micro-goals
- Stepping process
- Overcoming obstacles
- Regoaling
- Reevaluating



N OURISHING NETWORKS

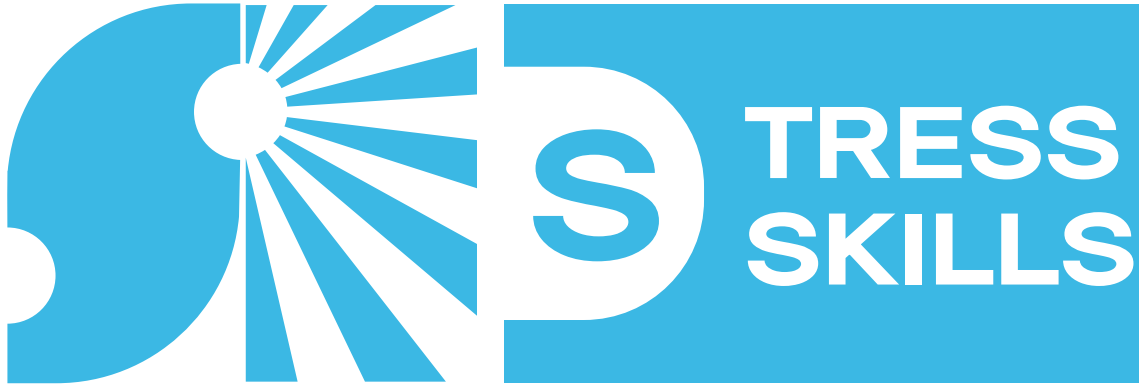
- 5:1 Rule
- Kindness
- Compassion
- Forgiveness
- Love
- Gratitude
- Recognition
- Praise
- Support
- Faith



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





Stress Skills are actions that help you navigate your stress response and work through your body's chemical response to external stimuli. By practicing them, you are teaching yourself how to proactively manage the emotional despair found in hopelessness and move towards positive feelings where you activate hope.



The Stress Response

This is when you are emotionally triggered by something in your environment, and you go into fight, flight, freeze, or fawn mode as your body releases stress hormones, such as cortisol, adrenaline, and norepinephrine. You are in your downstairs brain, and can't reach your upstairs brain; the upstairs brain is the place where you make good decisions for moving towards all you hope for in life.

90 Second Pause

Deep Belly Breathing

Napping

Calming Music

Reaffirming beliefs

Visualization

Sensory Engagement

Punching a Pillow

Crying

Prayer

Walk in Nature

Meditation

Yoga

Decluttering

Focus on Strengths

Journaling

Exercise

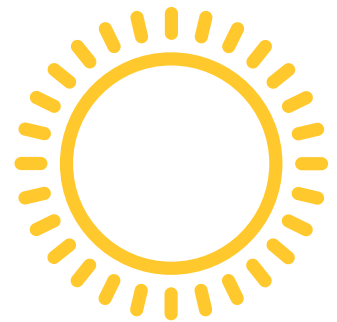
Gardening

Time Near Water and Nature



HAPPINESS HABITS

Happiness Habits are healthy, long-term actions that cause your brain to release happiness hormones including endorphins, dopamine, serotonin, and oxytocin. Happiness Habits help you stay in your upstairs brain, where you access the problem-solving skills, collaboration, and passion critical for hope.



Positive Feelings

Positive feelings, the first ingredient of hope, are feelings that are located in your upstairs brain like wonder, joy, and peace that make it easier to overcome obstacles that get in the way of hope. You proactively manage the emotional despair of hopelessness using Stress Skills and use your Happiness Habits to stay in your upstairs brain, where you then energetically move towards your goals in life.

Utilizing strengths

Pursuing passion

Activating purpose

Smiling

Exercising

Playing or Listening to Music

Spending time in Nature

Showing Gratitude and Kindness

Playing Games

Volunteering

Time with Family and Friends

Experiencing Wonder & Awe

Practicing Faith

Sleeping

Nutrition

Dancing and Singing

Donating

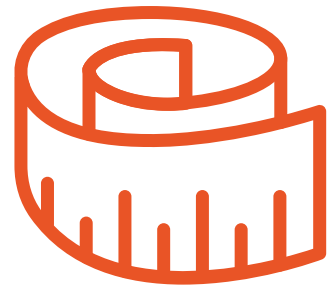
Giving a hug

Setting Goals

Practicing Affirmations



Inspired Actions, the second ingredient of hope, are the deliberate steps you take toward your goals in life. Inspired Actions help you to move away from the motivational helplessness, the second ingredient of hopelessness, and toward what you are hopeful for in life.



Types of Goals:

WOOP

Achievement

Intrinsic

SMART

Stretch

Micro-Goals

Pathways, Agency, and Regoaling

Obstacles are inevitable, and sometimes you can't reach the goal as you intended. It is important to embrace obstacles to goals, learn to pivot or reevaluate, be flexible and adaptable, and never be afraid to ask for help.

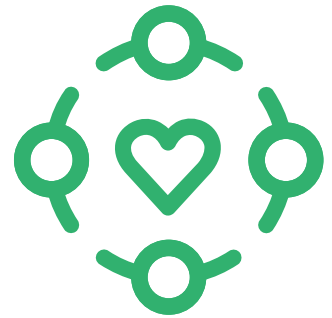
If a goal seems too big, use the stepping process or create micro-goals to chunk it down into smaller goals. Think of one thing you can do in the next 20 minutes. And know when you need to re-goal.



N

OURISHING NETWORKS

Your Nourishing Networks, also known as your Hope Networks, are the people in your life that provide you with support, help you stay on track, encourage you to succeed, and who you do the same for in return. You are up to 95% more likely to achieve a goal if you write it down, and check in with someone regularly. So Nourishing Networks are critical support systems for moving you towards what you hope for in life.



Your Hope Networks should include:

People who know and understand you.

People who value your strengths.

People who activate the SHINE framework.

People whom you trust and can confide in.

People who are available to support you.

People you are willing to do the above for as well.

Enhancing Your Hope Networks

Enhance your Hope Networks using the 5:1 rule, vulnerability, praise, recognition, kindness, gratitude, empathy, compassion, collaboration, and strong communication, and be sure to have different networks for different areas of life.

Don't forget to include doctors, therapists, and/or other medical professionals in your Hope Networks.



ELIMINATING CHALLENGES

Challenges to Hope are negative habits of thought that quickly take you to hopelessness, that emotional despair and sense of helplessness. The thought patterns are often unconscious habits, so becoming aware of these patterns is critical. Once we know what they are and recognize them, it is important to counteract them so that we don't let them keep us from all we hope for in life.



Eliminating Challenges

Most of the Challenges to Hope take constant, repetitive actions to change and overcome. Thanks to the science of neuroplasticity, we know it is possible with practice and dedication. The key is to learn to identify what specific challenges happen most frequently and then proactively find ways to manage those challenges.

Limiting Beliefs

Automatic Negative Thoughts (ANTs)

All-or-Nothing Thinking

Negative Bias

Rumination

Worry

Focusing on the Uncontrollable

Attaching to Outcomes

Internalizing Failure