



Hopelessness is both emotional despair (sad, anger, fear) and motivational helplessness (powerless). We all experience moments of them, every day.

Shine skills navigate you back to HOPE.

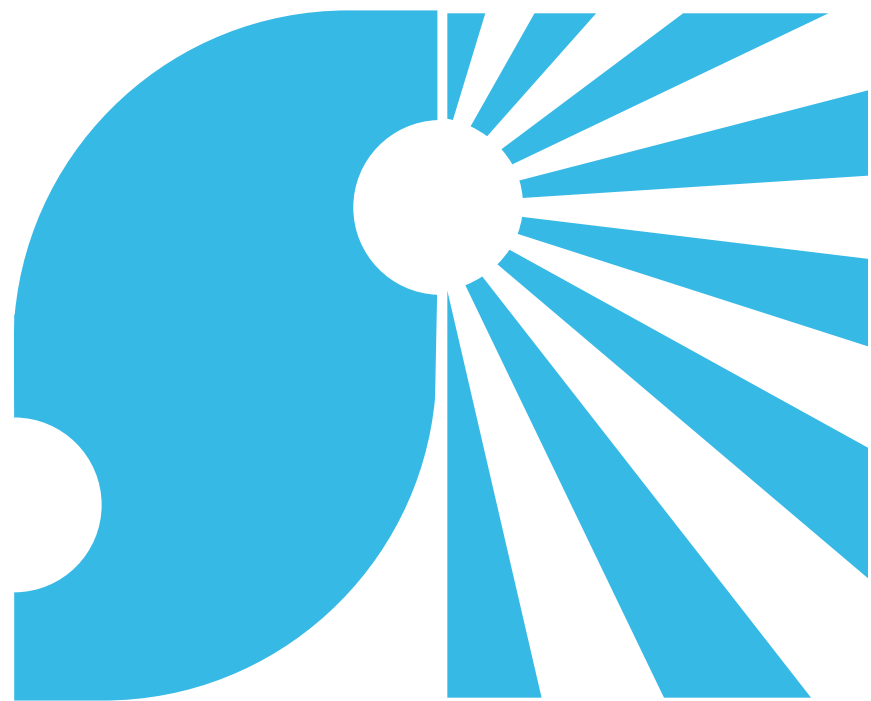


the shine hope company

Scan the code to measure hope with the Hope Scale!




## A HOW-TO FOR HOPE IN TRYING TIMES




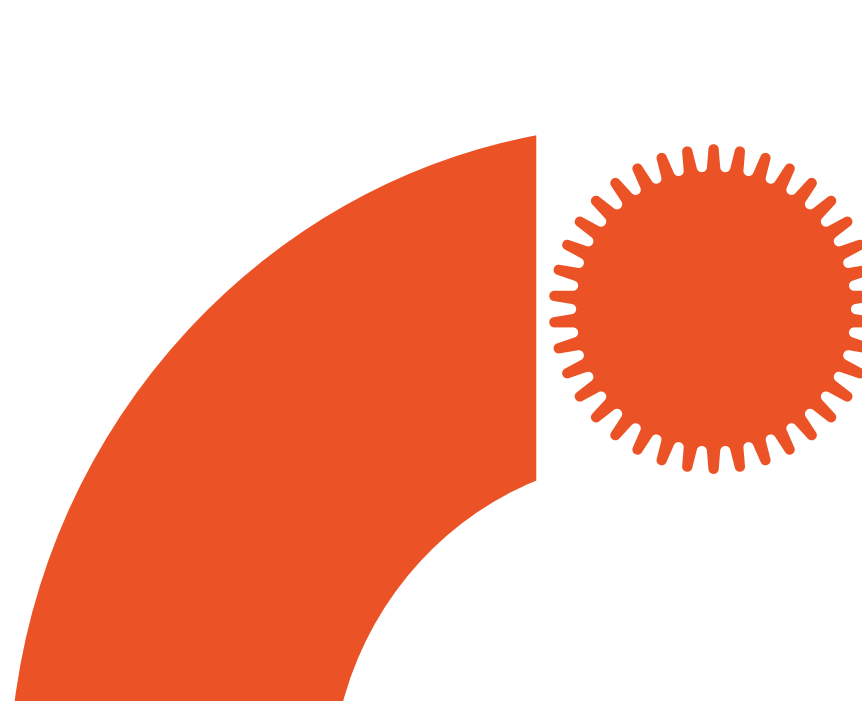
**S** TRESS SKILLS

- 90 second pause
- Belly breathing
- Journaling
- Gardening
- Calming music
- Affirming beliefs
- Sensory engagement
- Cold plunge
- Decluttering
- Prayer
- Nature walk
- Napping
- Laughter





**H** APPINESS HABITS

- Activating purpose
- Pursuing passion
- Utilizing strengths
- Meditation
- Smiling
- Exercising / Nutrition
- Creating / listening to music
- Dancing / Singing
- Drawing / Painting
- Gratitude
- Volunteering
- Wonder/Awe
- Quality sleep


**I** NSPIRED ACTIONS

- WOOP process
- SMART goals
- Stretch goals
- Achievement goals
- Intrinsic goals
- Mastery goals
- Micro goals / Stepping
- Habit Stacking
- Overcoming obstacles
- Regoaling
- Write down goals / check in




**N** OURISHING NETWORKS

- 5:1 Rule
- Compassion
- Forgiveness
- Love
- Gratitude
- Recognition
- Support
- Faith
- Trust
- Respect
- Effective Listening
- Empathy




**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
- Toxic Consumption
- Nocebo Effect

