



WELCOME TO TRANSITION HOUSE

ENERGIZING HOPE

HOW TO MAKE IT HAPPEN WITH
THIS RUNNING THROUGH YOUR HEAD:
I USED TO ENJOY... BUT THEN...



*TH Wellness Project's Vision:
to empower personal well-being, improve mental wellness and increase life joy.
www.thouse.org*

Can you see the Hope



or are you only looking at the Challenges?



TRANSITION HOUSE
Changing Lives by Creating Pathways for Mental Wellness
www.thouse.org

Look beyond the Challenges to
See the Hope that Lies Ahead



Let Your Hope Shine Through



Transition House, Inc.
Hope for Recovery
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Hope for Recovery
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Energizing Hope

“Hope is being able to see that there is light despite all of the darkness.” Desmond Tutu
“Resilience is a muscle. Flex it enough and it will take less effort to get over emotional punches each time.”
 Alecia Moore

When life gets in the way

- It’s easy to enjoy life when things are going well. The challenges come in when ‘life happens’ and we’re not prepared to manage our way through in a healthy manner.

Does Misery Love Company or is it our Way to Reach Out for Connection?

- Did you ever wonder why people who mock hopefulness tend to lead the crowd?
- We all know those people, perhaps we’ve been those people who find it easier to live in the skepticism rather than to risk failure in an effort to find the new opportunities. As we struggle, it often feels easier to connect with others who are also in a place of hopelessness and cynicism. The reality is, it’s still about trying to find connection.

Processing Frustration

- Processing frustrations can be healthy and essential. The challenge is not getting stuck.
- How do we shift from releasing the frustration to moving forward? Some of the answers can be found by looking at people who are resilient.

Resilience – The ability to overcome adversity

- Resilience is a Core Component of Wellness
- 5 Common Factors of Resilient People:
 - They are resourceful and have good problem-solving skills.
 - They are more likely to seek help.
 - They hold the belief that they can do something that will help them manage their feelings and to cope.
 - They have social support available to them.
 - They are connected with others, such as family or friends.
- In addition to resilience, researchers found that these people who were able to bounce back also had spirit, the very foundation of the “protective factors.” The things that made them bouncy - their spirituality. When we talk about spirituality we’re not talking about religion or theology.
- From this foundation of spirituality, three other significant patterns emerged as being essential to resilience:
 - Cultivating hope
 - Practicing critical awareness
 - Letting go of numbing and taking the edge off vulnerability, discomfort, and pain

How Do We Energize Hope

- Hope is not an emotion...it’s a way of thinking or a conscious choice. Emotions play a supporting role, but hope is really a thought process made up of goals, pathways, and belief (I know I can do this).
- Hope happens when...
 - We have the ability to set realistic goals (I know where I want to go.)



- We are able to figure out how to achieve those goals, including the ability to stay flexible and develop alternative routes (I know how to get there, I'm persistent, and I can tolerate disappointment and try again.)
- We believe in ourselves (I can do this!)
- Hope is a combination of setting goals, having the tenacity and perseverance to pursue them, and believing in our own abilities.
- Hope is learned! Children most often learn hope from their parents. To learn hopefulness, children need relationships that are characterized by boundaries, consistency and support. But how many of us had this as children? Because it is learned we can still learn it!
- Hope does not necessarily change the reality of situations, however it provides us with tools to manage our way through times of challenge.
- The alternative of hope is hopelessness. Hopelessness is Dangerous...it leads to feelings of powerlessness...Power is important! Martin Luther King Jr. once said that power is the ability to effect change. Powerlessness is dangerous...the inability to effect change is a desperate feeling.

Let's Generate Hope Together

- We are surrounded by a variety of challenges that can occupy our mind round the clock. The challenge is – what other choices do we have.
- Let's work together and generate a list of Hope Energizing Activities, Comments, etc., that we can take with us and build upon.

Maintaining Wellness through Resilience, Hope, and Spirit

- They carry us through the doubt and fear.
- Help us believe that we can affect change if we want to live and love with our whole hearts.

Is Spirituality a necessary component for resilience?

- The answer to this is YES! Feelings of hopelessness, fear, blame, pain, discomfort, vulnerability, and disconnection sabotage resilience. The only experience that seems broad enough to combat a list like that is the belief that we're all in this together and that something greater than us has the capacity to bring love and compassion into our lives. We all have to define spirituality in a way that inspires us.
- Whether we're overcoming adversity, surviving trauma, or dealing with stress and anxiety, having a sense of purpose, meaning, and perspective in our lives allows us to develop understanding and move forward. Without purpose, meaning, and perspective it is easy to lose hope, numb our emotions, or become overwhelmed by our circumstances. We feel reduced, less capable, and lost in the face of struggle. The heart of spirituality is connection. When we believe in the inextricable connection, we don't feel alone.

Empathy

- Empathy is essential as we strive to connect in healthy ways. The challenge, be mindful to connect to the person rather than simply their challenges. Focus on mutuality and creating healthy connections.

Wrap Up

"Hope is not a dream but a way of making dreams become reality." L. J. Suenens



Facilitator's Guide:

FOLLOW UP ON HOMEWORK:

- Questionnaire that would provide yourself and facilitators with useful information to help make this a more meaningful learning experience.
- Start developing your Worthiness List.
- Be mindful... Record the times over the next week when you've been able to be more authentic. How did that impact your sense of well-being?
- Be mindful... When your Perfectionism button is 'pushed,' try a new behavior. Record how it works.

BREAK UP INTO GROUPS OF 2-3:

1. **HOW DOES LIFE GET IN THE WAY OF WELL-BEING?**
2. **DO YOU TEND TO ENERGIZE HOPE OR GO TO CYNICISM DURING CHALLENGING TIMES?**
3. **HOW DO YOUR CHOICES IMPACT YOU AND OTHERS AROUND YOU?**
4. **DEFINE RESILIENCY. IN PRACTICE, WHAT DOES IT LOOK LIKE?**
5. **WHAT ROLES DO HOPE, SPIRITUALITY & EMPATHY PLAY IN DEVELOPING RESILIENCY & WELL-BEING?**
6. **GENERATE A LIST OF HOPE ENERGIZING ACTIVITIES.**

HOMEWORK ASSIGNMENT:

- Develop your own list of Hope Energizing Activities and note how it impacts you.

