

In Our Own Words

"My parents, friends, and AA sponsor give me hope. They uplift me and we have a good relationship. They are very loving and support my self-esteem."

~ Martha

"I hope that my children and their children are happy and healthy and have the strength to meet life's challenges."

~Jennifer

"A hopeful experience for me was being able to go on long trip because I couldn't do it in the past. For many years I was home-bound and now I'm going all over the place and I haven't quit."

~Patty

"Seeing peers and family members live their best lives inspires hope in me."

~Angela

"My family gives me hope. Even at my lowest points they held hope for me despite not seeing an easy solution. They believed in me and in my treatment team. I wouldn't be here today without their hope."

~Tara



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Best Possible Self Activity is adapted from:

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Strategies for Positive Living

"The best view comes after the hardest climb."

(Author Unknown)

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What is Hope?

Hope has been defined in many different ways. One particularly beautiful way to explain hope is:

“The very purpose of our life is happiness, which is sustained by hope. We have no guarantee about the future, but we exist in the hope of something better. Hope means keep going, thinking, ‘I can do this.’ It brings inner strength, self-confidence, the ability to do what you do honestly, truthfully and transparently.”

~Dalai Lama

HOPE THEORY



Research on Hope Theory states that hope is made up of:

Pathways: the many possible routes to goal achievement.

Drive: the belief in ones ability to achieve their goals and motivation to do so.

Goals: what the person wants to achieve.

How to be More Hopeful?

It can be helpful to write down or talk with others about what having hope means to you. Ask yourself these questions and write/talk about:

1. Who gives you hope? Or has modelled hope in your life? What is it about this person that makes you feel hopeful?
2. What are your previous strengths and successes?
3. What do you hope for your friends and family?
4. Best possible self: Think about your life in the future... Imagine that everything has gone as well as it possible could.

Benefits of Having Hope

Research shows that there are many benefits to having hope. They include:

- Better physical health and the ability to pay closer attention to health information
- Lower mortality level
- Improved psychological well-being with less instances of depression and anxiety
- Better coping skills and more resources to draw from
- The ability to take better care of oneself

This brochure was created by Patient and Family Collaborative Support Services (PFCSS) in partnership with the Peer Advisory Council, Mental Health and Addiction Program.

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