

Thrive 365

Dragonfly: Impact Education



Did you know?

Being hopeful has been linked to improved physical health, improved mental health, higher levels of achievement and improved social wellbeing. It can also be a protective factor against stressful situations and experiences. For these reasons, it has been referred to as a type of 'psychological capital'. [1]

So how can we foster hopefulness?

[1] Hart, K., & Sasso, T. (2011). Mapping the Contours of Contemporary Positive Psychology. *Canadian Psychology*, 52, 82-92.

<http://dx.doi.org/10.1037/a0023118>

1

Learn it

Hope can be better defined as a cognitive process than an emotion because it is about our thoughts - specifically our expectations of the future. This means that hope is something that can be learned and strengthened through practice. One way to do this is by setting goals and breaking them down into small, actionable steps. Each time you achieve one of the action steps, you become more hopeful - this is closely linked to the concepts of optimism and motivation too.

2

Growth mindset

Seeing mistakes and failures as a natural part of the learning process allows for hope to remain even in the face of setbacks and adversity. In addition to using the language of growth mindset (for example: 'This is hard - what can help me with it?'; 'I can't do this - yet. I've overcome obstacles before, what do I need now?') it can also be helpful to make a list of resources you have to help you through challenges. These might be in the form of practical resources, other people who have knowledge or experience that can help you, or personal resources or qualities.

3

Make it relevant

Simply knowing why hope is important to your wellbeing can help you be more hopeful! It can also help to know why your work and everyday activities are important - to have a sense of purpose and to know that your contributions make a positive impact are important elements of hopefulness. Spend some time each day or week reflecting on your 'why' and remember it's the little things you do that make a difference to those around you. A simple act of kindness for someone else can reconnect you to your sense of hope.

Our training: www.dragonflyimpact.com/link-tree

Email: info@dragonflyimpact.co.uk

   @dragonflyimpact