



Choosing Hope

“Once you choose hope, anything is possible.”

-Christopher Reeve

Written by: Rachael A. Robinson-Keilig, M.A.

A Perspective You Choose

Hope is not something that falls into your lap, or something that happens *to you*. We are not passive recipients of hope. In fact, hope is a choice that we make everyday. It's a choice to view the world in such a way that we focus on and celebrate **what is right in the world**. Hope is more than wishful thinking. It is how we choose to think and how we choose to act. *Hope is a choice in perspective and action.*

Hope is the belief that you can reach your desired outcome or goal through successful planning and overcoming challenges along the way. It is also the will power and determination to maintain sustained effort until your goal or outcome is realized. It is the desire to get started towards a goal and the ability to stay with it through completion. Hope is not only a feeling, but also hopeful thoughts and hopeful actions.

The Value of Hope

By choosing hope, you are choosing more health and satisfaction in life. Research has found that individuals who cultivate hope in themselves also tend to practice more health promoting behaviors. Hope has been found to help individuals overcome and prevent many clinical disorders. Hope is also related to increased motivation, improved job performance and more effective problem solving skills. Additionally, individuals who choose to focus on hope have a powerful panacea when faced with life difficulties and challenges. As hope is an important resource that allows for us to take action, meet and accommodate challenges and continue to work towards our desired outcomes. Hope keeps us going.

When You Believe It, You WILL See It

When you make the commitment to choose hope, you will find that hope was there all along. When you believe in hope, it will become easier for you to see it, feel it and act on it. Below are several practices and strategies that you can incorporate into your life to support you in the development of hope. Remember, it takes practice and focus to choose hope everyday.

- Look beyond yourself and seek a broader perspective towards life
- Practice identifying people and situations in life for which you are grateful
- Seek a healthy balance between work and your personal life
- Take care of your physical, emotional and spiritual self. If you are not healthy you can't be of help to others.
- Focus on positive behavior and actions in yourself and others
- Listen with respect and non-judgment to others and to yourself
- Identify and develop a purpose for your life that energizes you
- Identify positive and hope filled role models and mentors
- Be a positive and hope filled role model or mentor for others
- Look to nature to cultivate hope

Employee Assistance Program Newsletter

3532 W. Capital Ave, Grand Island, NE 68803

308-381-7487 or 1-888-381-7487

www.family-resources

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