

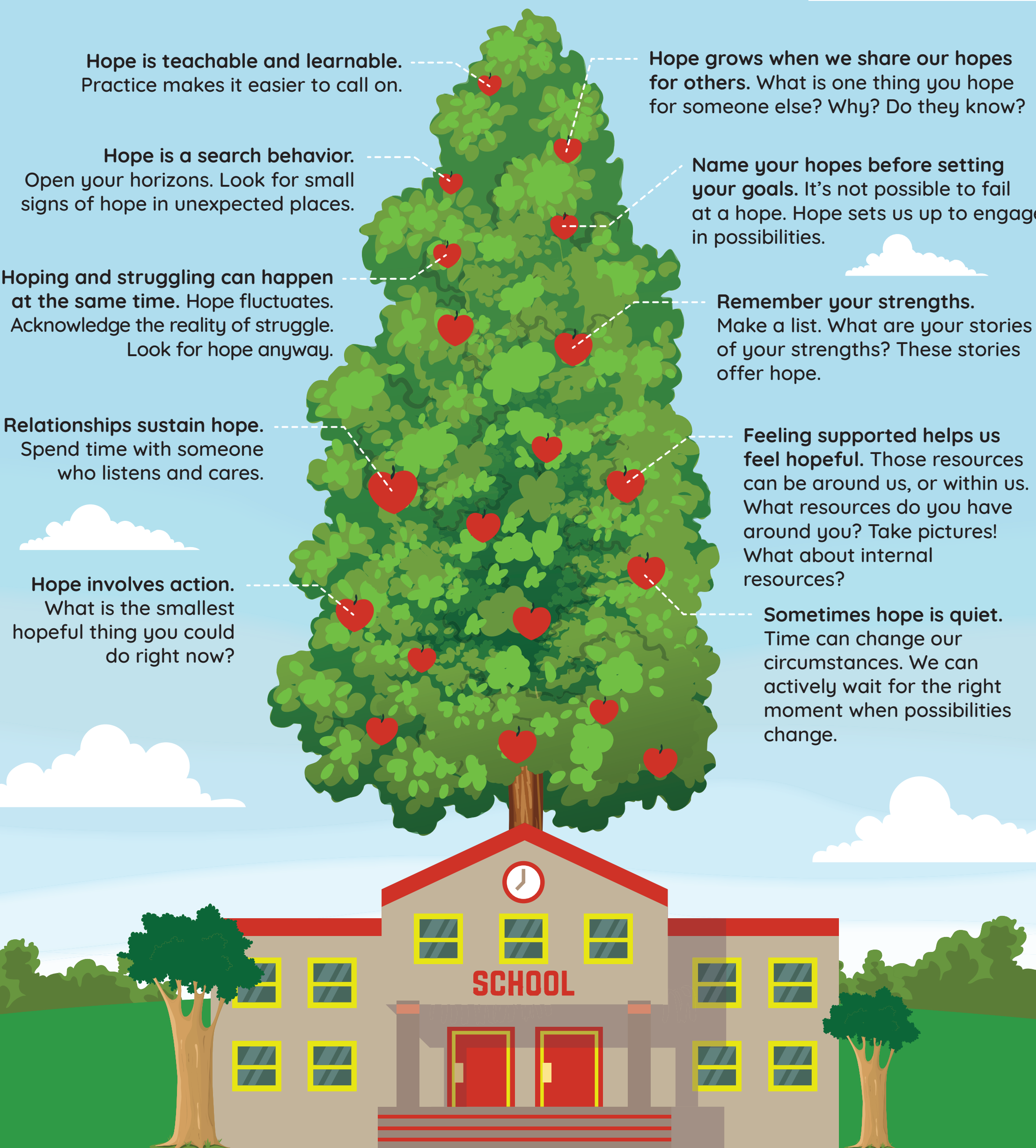
# Hope and Health Skills for Teachers and Students



Hope is the ability to envision a future in which you wish to participate (Jevne & Edey)

**FACTS:** Hope is vital to well-being and mental health in school and the workplace.  
Hope is reciprocal - Teachers nurture student hope. Students nurture teacher hope.

## HOPE ACTIONS:



Hope is teachable and learnable.  
Practice makes it easier to call on.

Hope grows when we share our hopes for others. What is one thing you hope for someone else? Why? Do they know?

Hope is a search behavior.  
Open your horizons. Look for small signs of hope in unexpected places.

Name your hopes before setting your goals. It's not possible to fail at a hope. Hope sets us up to engage in possibilities.

Hoping and struggling can happen at the same time. Hope fluctuates. Acknowledge the reality of struggle. Look for hope anyway.

Remember your strengths. Make a list. What are your stories of your strengths? These stories offer hope.

Relationships sustain hope. Spend time with someone who listens and cares.

Feeling supported helps us feel hopeful. Those resources can be around us, or within us. What resources do you have around you? Take pictures! What about internal resources?

Hope involves action. What is the smallest hopeful thing you could do right now?

Sometimes hope is quiet. Time can change our circumstances. We can actively wait for the right moment when possibilities change.