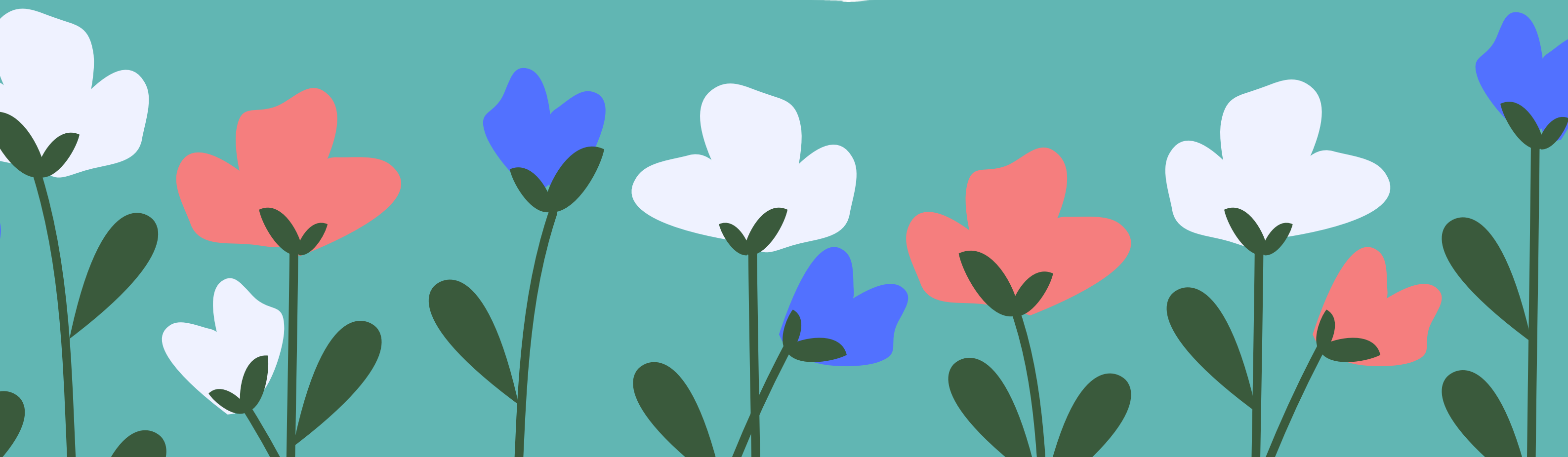
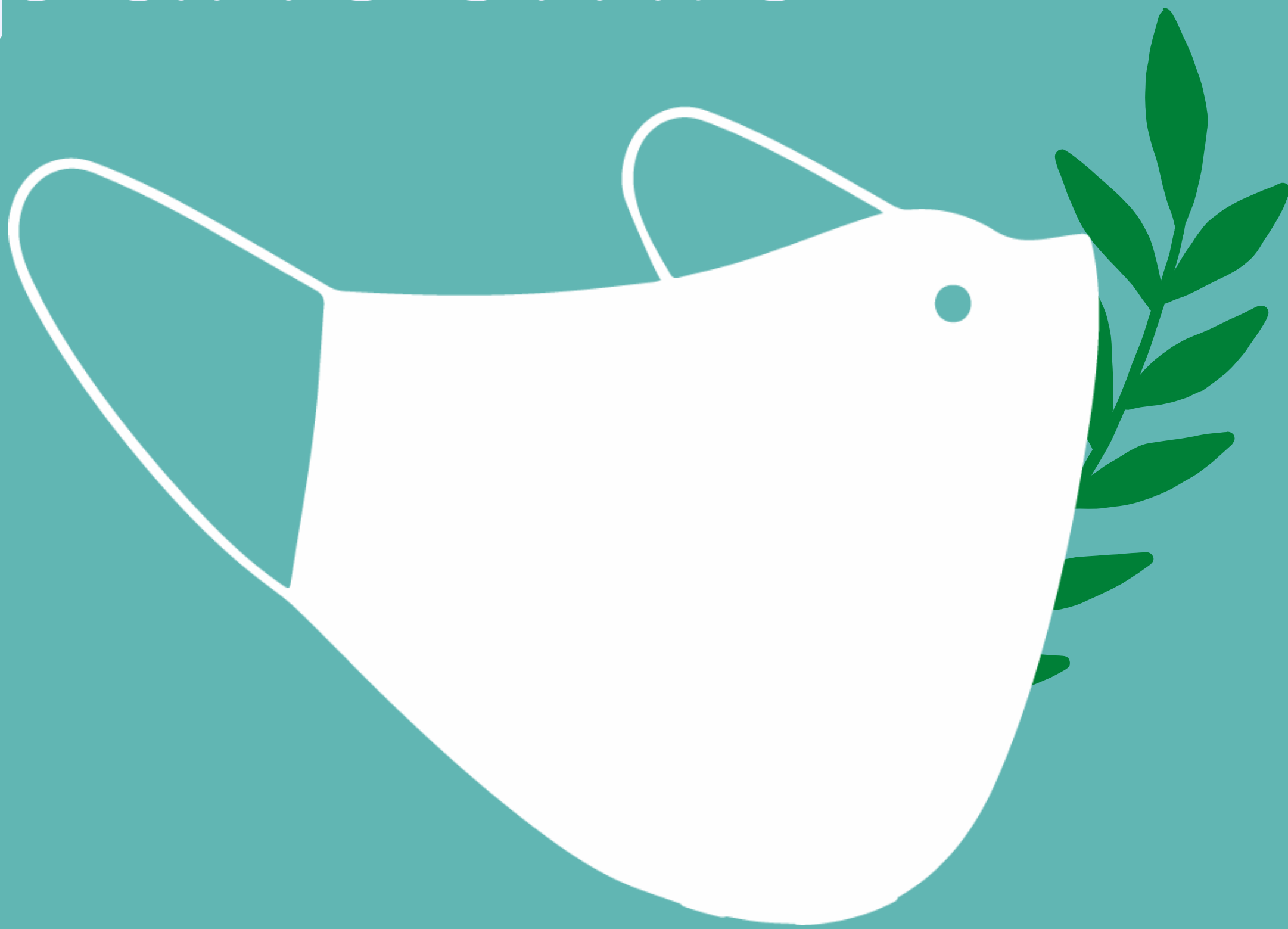
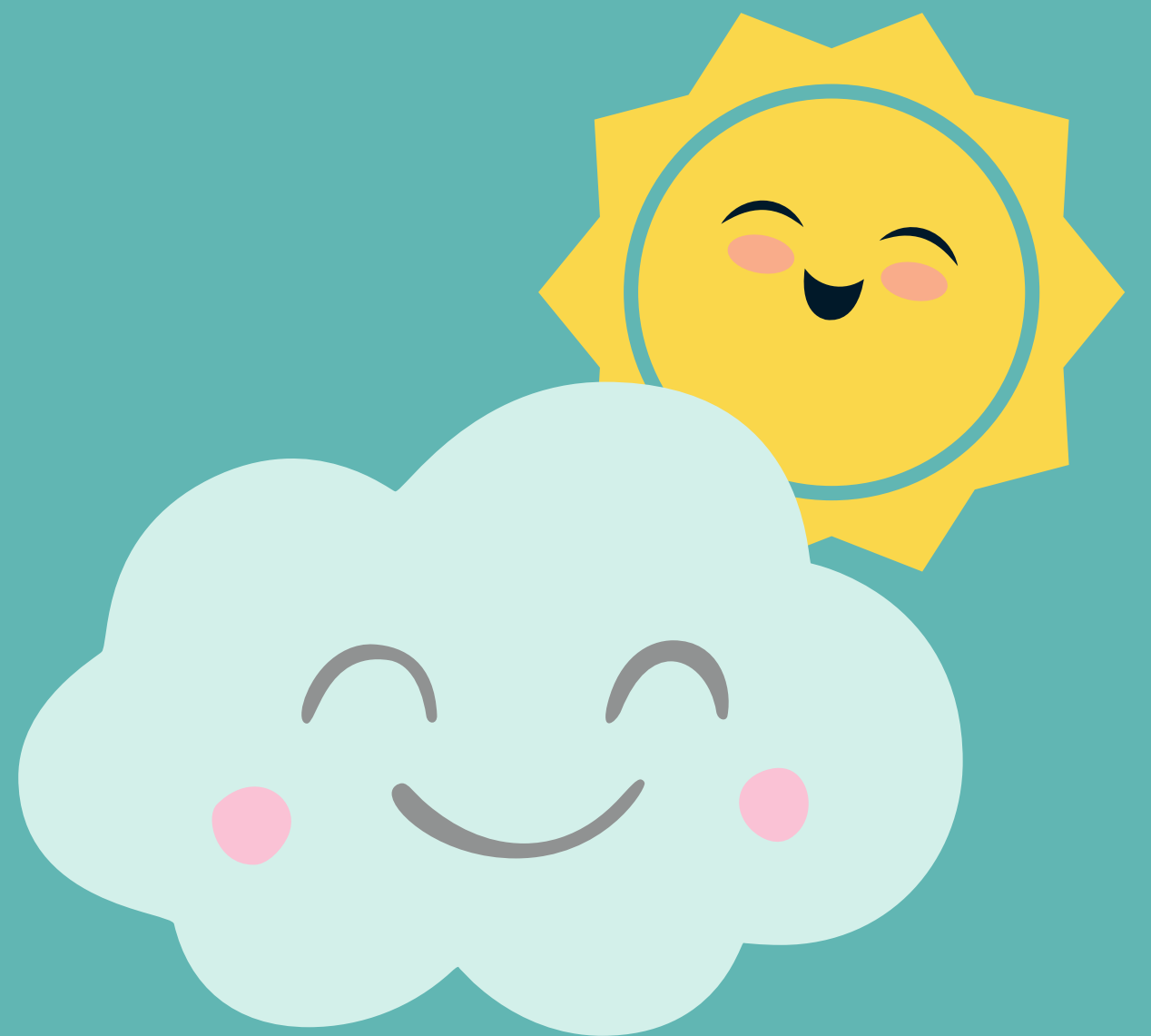




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# Finding hope in a pandemic



# Hope

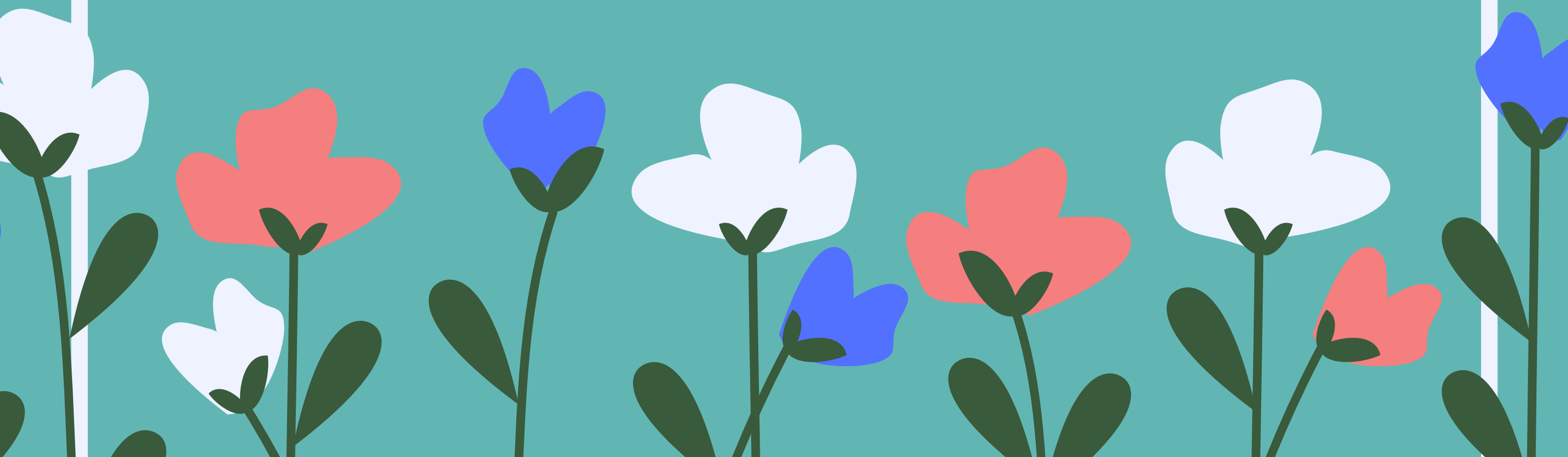
It is normal to constantly experience feelings of resignation, frustration, anger, and despair during challenging times like this.

With no end to the pandemic seemingly in sight, sometimes holding on to hope and staying optimistic can feel almost impossible.

What kept us going through the pandemic thus far — through cascading losses and disappointments, grief and loneliness, remote work and learning — was the **hope of life after**.

The light at the end of the tunnel may seem so distant right now, but we still choose to get up every day despite the darkness. That alone is a sign that we have not given up hope and believe that **better things are on their way**.

Hold on to hope – no matter what it looks like to you, because it can get us through the toughest of times and the darkest of days.



# The Power of Hope

Obstacles and adversities will undoubtedly show up unexpectedly from time to time, forcing us out of our comfort zones.

## Benefits of Hope

- Hope serves as a valuable resource that enables people to **sustain or recover well-being** during tumultuous times.
- Hope leads to **better psychological adjustment** in response to crises and **lower levels of psychological distress**.
- Hope represents a psychological resource that enables people to **overcome setbacks** or **maintain progress towards goal attainment** while under stay-at-home orders.



# Finding Hope

Hope theorists have long suggested that hope never vanishes but exists implicitly and unnoticed in our everyday lives.<sup>5</sup>

We will only start searching for hope when we face stressful and fearful situations like the ongoing COVID-19 pandemic.<sup>6</sup>

If you find it difficult to be optimistic right now, know that hope does not necessarily mean believing that everything will be perfect.

Being hopeful does not have to be about looking for the bright side or deluding ourselves into thinking everything will be just fine.

“

Hope is simply a realistic expectation that **something good will happen eventually** — and that you have some control over it<sup>7</sup> ”

”



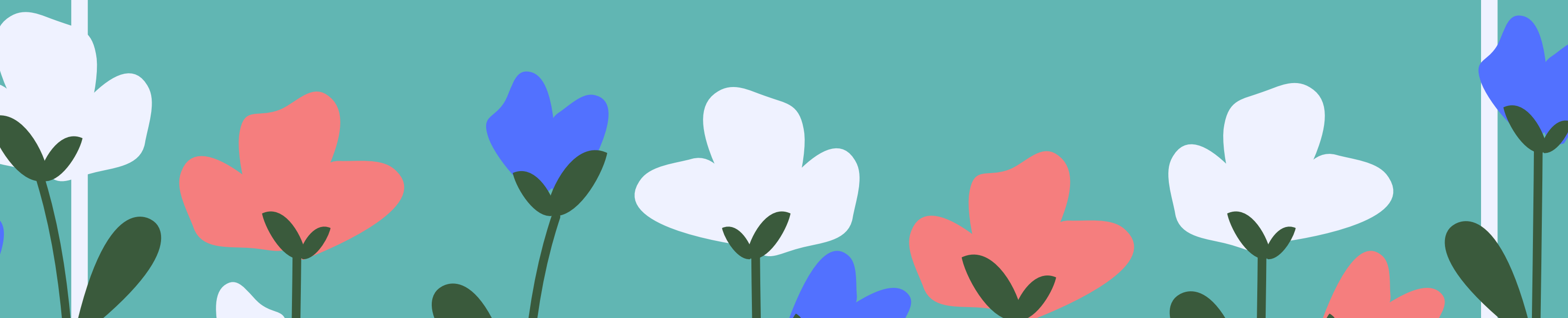
# Turning Hope into Reality

1. Imagine a better future, and detail what makes it so<sup>8</sup>

When you feel a bit hopeless, start by **changing your outlook.**

Say, for example, you are tired of being physically disconnected from your friends. You could easily conclude that the situation is hopeless, but you can do so much more for your happiness!

Rather than reminiscing a pre-covid world and leaving it at that, make a list of the specific elements that will improve your current situation — for example, organising virtual meet-ups with your friends!



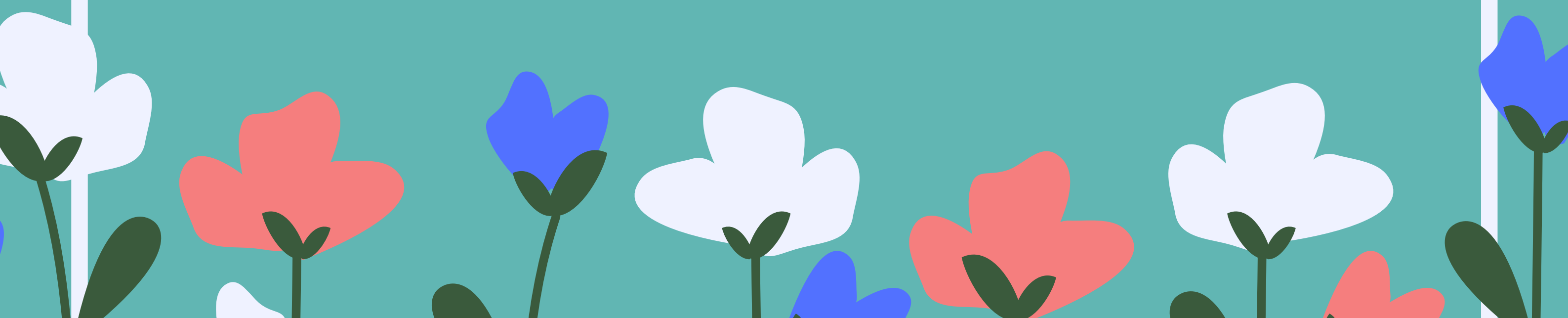
# Turning Hope into Reality

## 2. Envision yourself taking action<sup>8</sup>

If you leave things at Step 1 and thus convince yourself that better times lie ahead, you will have engaged in optimism but not yet hope.

Envisioning a better future will not, on its own, make it so.

Imagine yourself taking action in some plausible way to bring about a better future!



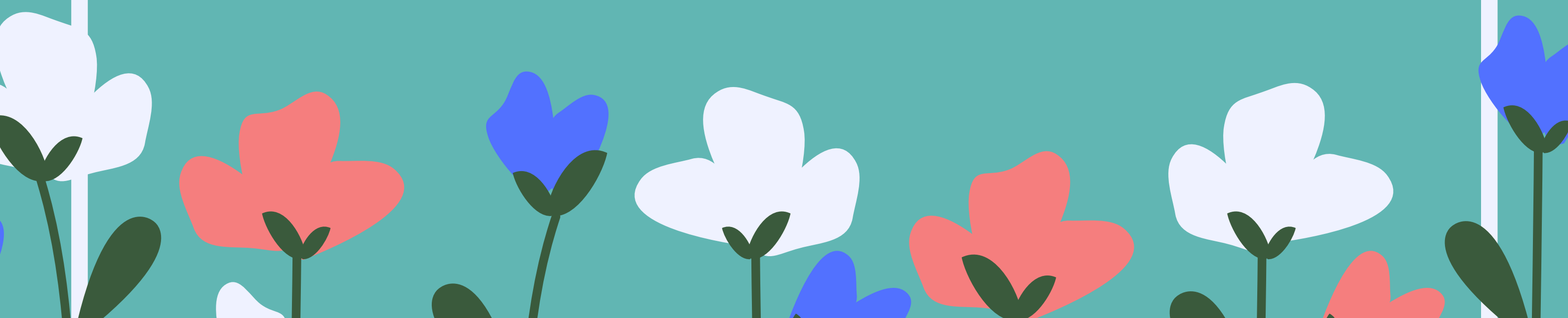
# Turning Hope into Reality

## 3. Act<sup>8</sup>

Execute your ideas to improve your current situation!

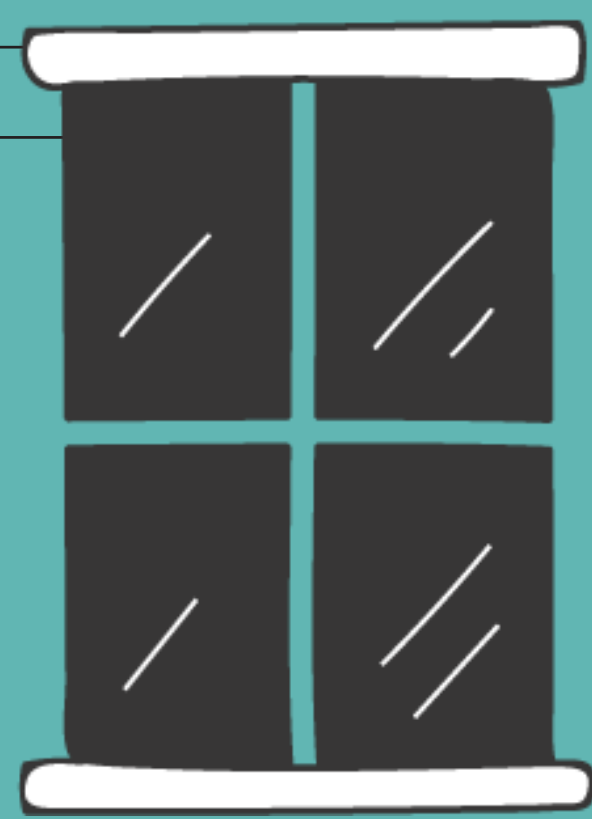
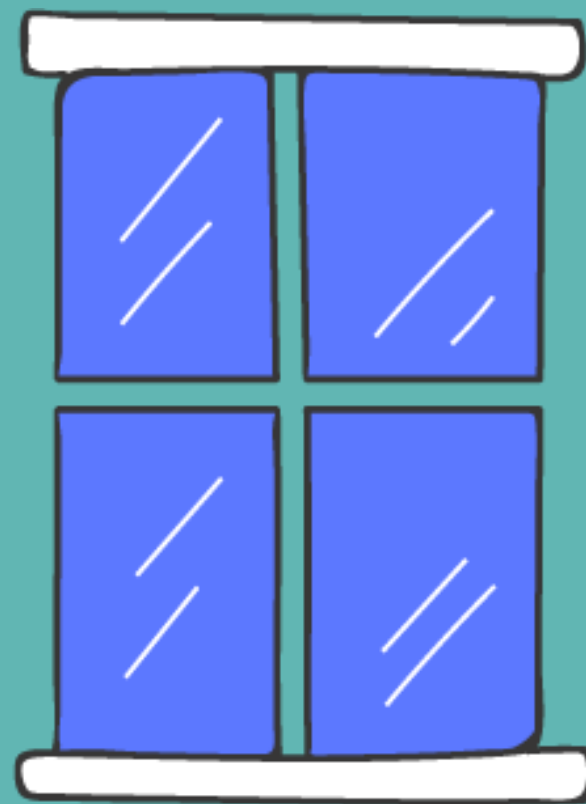
Your specific action might feel like an exercise in futility because it feels so insignificant at the current moment. However, this is the voice of hopelessness inside your head.

Ultimately, remember that we do not need to look for big things to accomplish; all we need is to do small things gradually with great love!



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