



# THE POWER OF HOPE

## The Science of Hope

Hope is the belief the future can be better and you have the power to make it so.

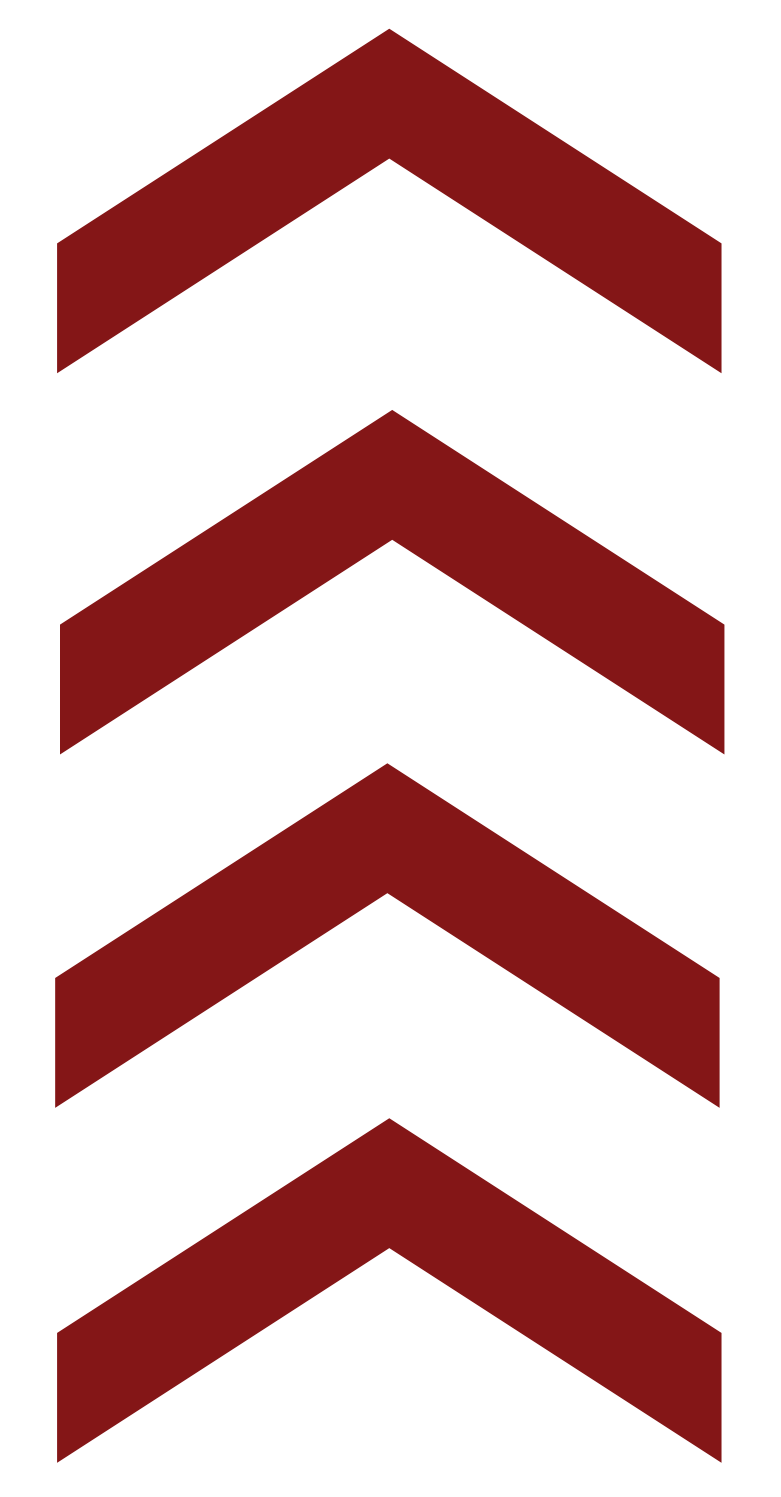
# HOPE =



### With Hope

Improved coping skills, buffers against stress, predicts achievement, reduces the intensity of physical pain, promotes healthy adaptive behaviors

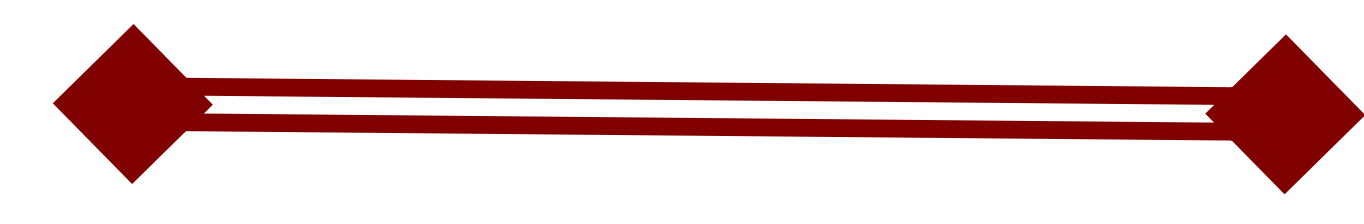
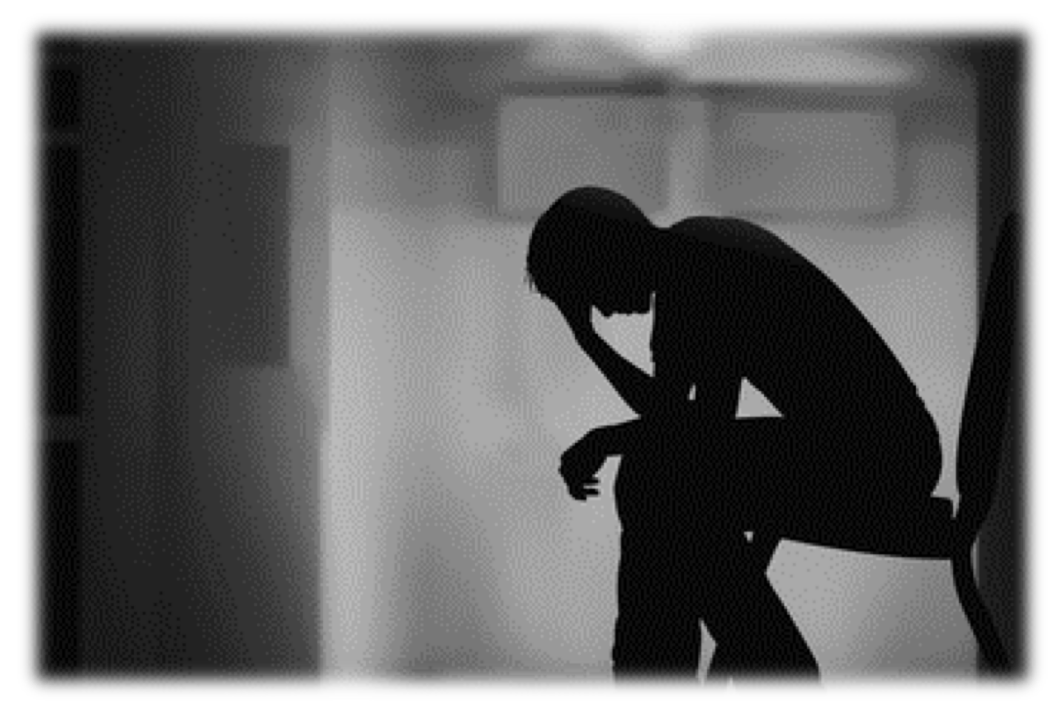
- Nurtured Hope
- Future Memories
- Viable Pathways



### Without Hope

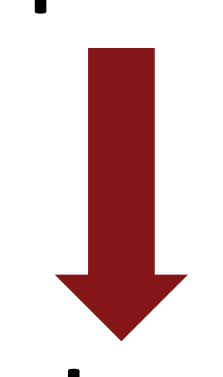
Lack of long-term goals, feel discouraged about achieving goals, feel negative emotions, focused on failure

Desired Goals



## The Loss of Hope

Repeated unsuccessful goal pursuits



Hopelessness

Hope is the mindset that drives resilient behaviors.

