

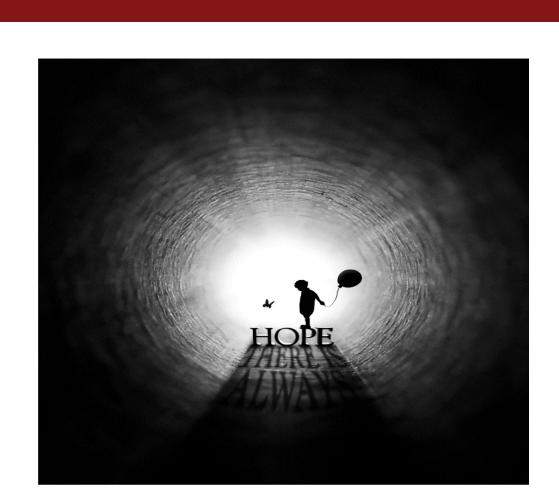
The Science of Hope

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







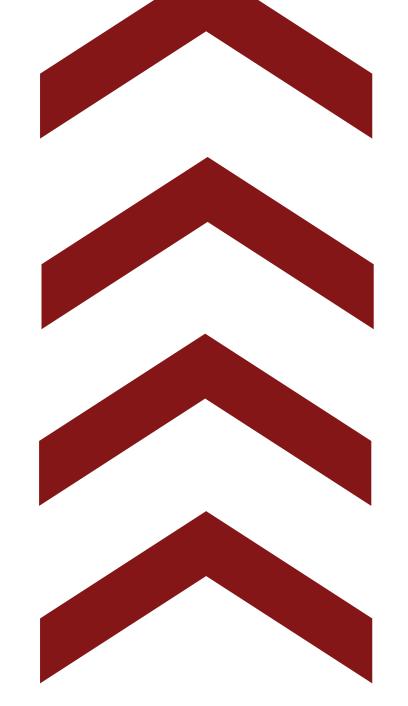


With Hope

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

Future Memories

Viable Pathways

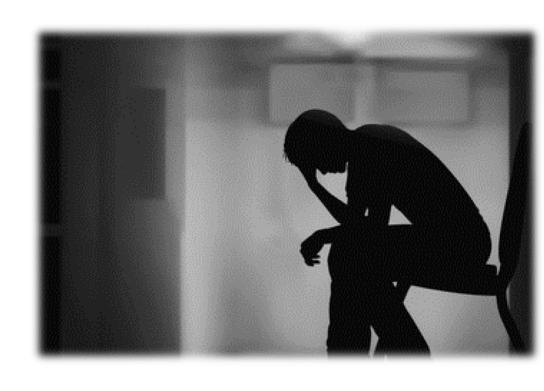


Without Hope

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

focused on failure

Desired Goals



Goal Attainment Against Burnout Lower Depression Tomor Darontal Distress Higher Positive Attect Higher BUTES Greater Coping Skills Lower Anxiety

he Power of Hope

Higher Life Satisfaction

Hope is the mindset that drives resilient behaviors.

The Loss of Hope

Repeated unsuccessful goal pursuits

