

HOPE AND RESILIENCE

MARIE DUNNE
DIRECTOR OF RESILIO
FOUNDER OF HOPEFUL MINDS N.I





Springing back into

Resilience



RESILIENCE

A set of flexible cognitive, behavioural and emotional responses to acute or chronic adversities, which can be unusual or common place. These responses can be learnt

- Coming back from adversity (not bouncing back)
(Neenan, 2009)
- ✓ An evidence-based approach (Positive Psychology)
- ✓ A whole-person approach designed to benefit the individual
- ✓ The individual chooses what works for him or her

RESILIENCE- EVIDENCE TELL US

- **Increase our peripheral vision**
- **We connect ideas better, more creative**
- **We connect with people better**
- **Improve decision-making**
- **Increase a sense of “we” v. “me”**
- **Reduce a sense of them and us**
- **Increase open-mindedness, curiosity**
- **Promote helping-behaviour**
- **Stimulate emotional agility**
- **More able to handle complexity**
- **Greater willingness to accommodate ambiguity or uncertainty**
- **Promote physical health**
- **Prolongs life by 7-10 years**
- **Source Fredrickson 1998, Fredrickson & Brannan, Isen 2000, Fredrickson 1998**

THE MEANING OF HOPE

How many times a day do you
use the word “**hope**”
but you have not thought much
about what hope really means

Pandora received a box that she was forbidden to open. The box contained all human blessings and all human curses. Temptation overcame restraint, and Pandora opened the box. In a moment, all the curses were released into the world, and all the blessings escaped and were lost – except one – hope. Without hope, mortals can not endure.



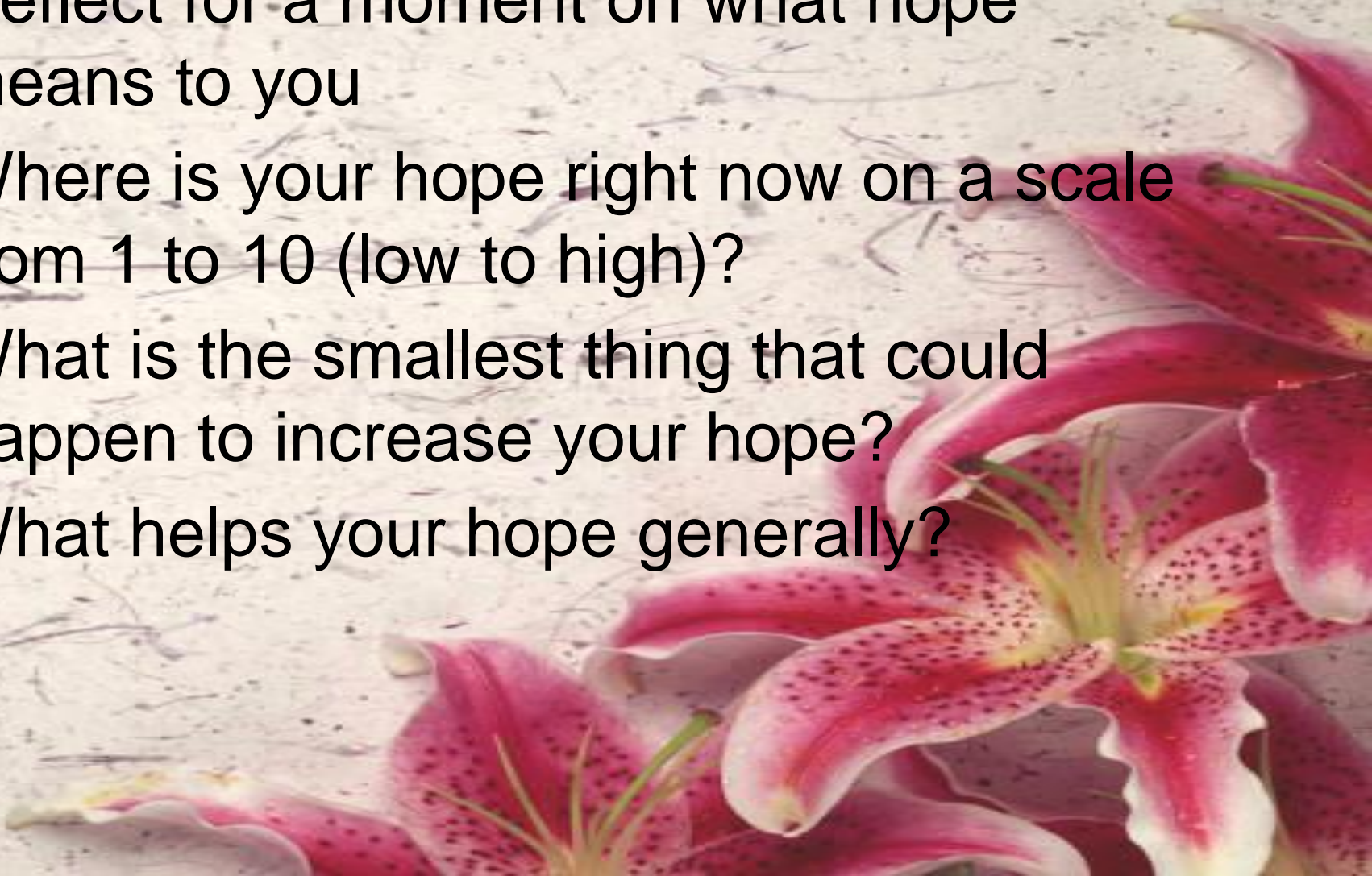
What does 'HOPE' mean ?

- The future is brighter (M39)
- Never giving up no matter what ((F44)
- Having a big, big dream (F8)
- When your dreams come true (F10)
- I guess it is to believe in something (F10)
- **Hope is power (M 51)**
- Moving forward (F46)
- Seeing my grandchildren (F60)
- Something in the future (M 72)
- **Hope is me (F8)**
- **If we don't have hope we have nothing (F74)**
- Having a future (F24)
- If some one was ill physically or mentally – hope is the thing that gets them through (f22)
- **Hope is when someone puts an arm around you when you are ready to let go (M23)**
- Hope is believing things will get better (F 31)
- Hope means life (M 68)
- It gets me up and keep me going and we should help our young folks get it and maybe they would not feel so hopeless (F79)



HOPE

- Reflect for a moment on what hope means to you
- Where is your hope right now on a scale from 1 to 10 (low to high)?
- What is the smallest thing that could happen to increase your hope?
- What helps your hope generally?



HOW HOPEFUL ARE YOU?

Do you think your future will be better than your present?

- **What do you believe?**
 - ✓ I have the power to make my future better
 - ✓ I am excited about at least one thing in my future
 - ✓ I see paths to my goals
- The paths to my goals are not free of obstacles
- My past and present life circumstances are not the only determinants of my future


Understanding the theory of hope

- The belief that the future will be better than the present, along with the belief that you have the power to make it so.”
- “...not only is hope good for your wellbeing, but it’s a measurable quality that can be increased with practice”
- “...the ability to clearly and consistently articulate goals (goals thinking), develop step-by-step plans to reach those goals (pathways thinking), and persevere in spite of obstacles (agency thinking).”
(Lopez, et al., 2009)

Oxygen is to
the body

Hope is
to the mind

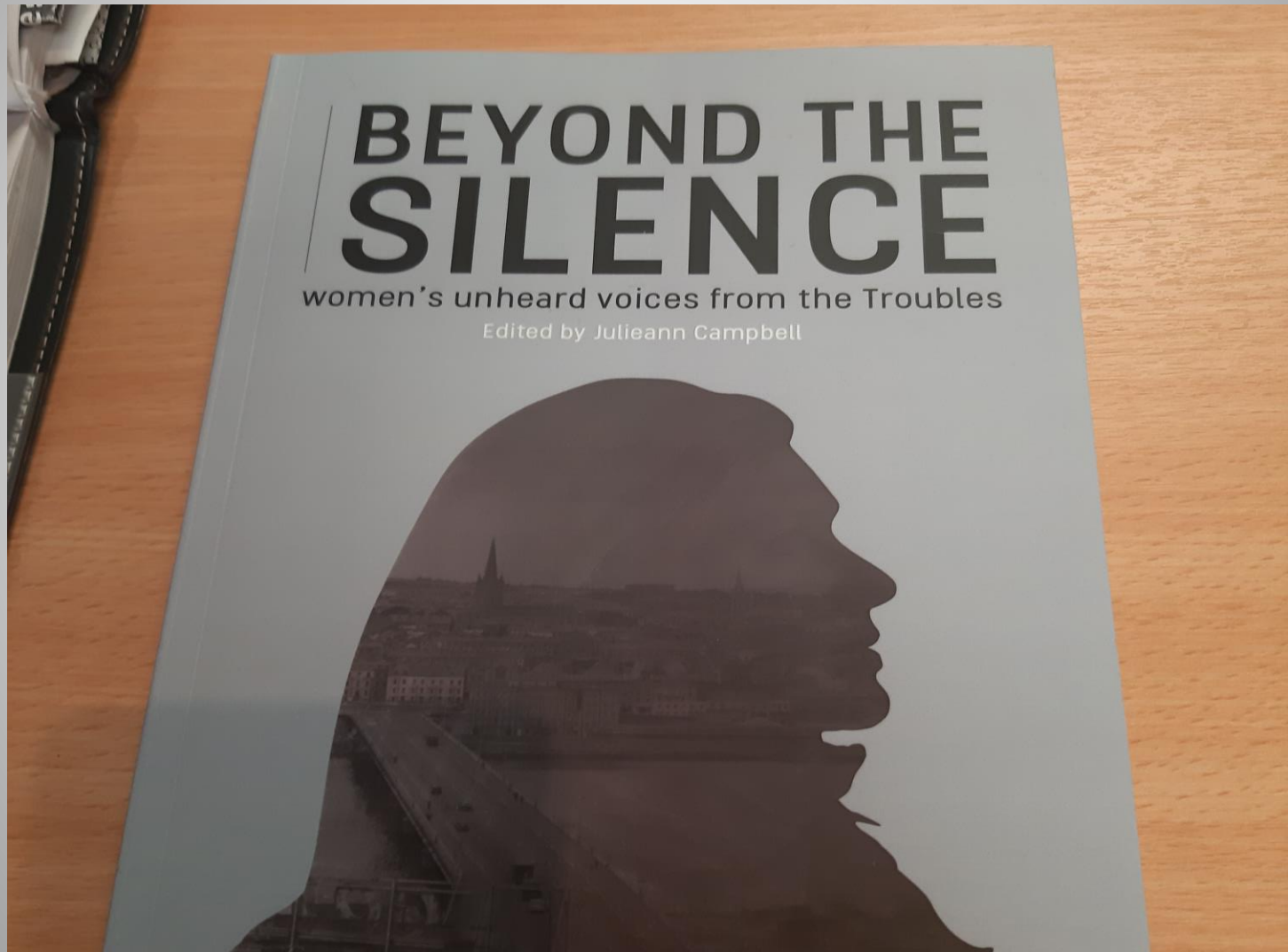




"Everybody has a chapter
they don't read out loud."

— (via @JustLifeQuotes)

Unheard Voices Programme
Creggan Enterprises



VICTOR FRANKL- Mans meaning to life



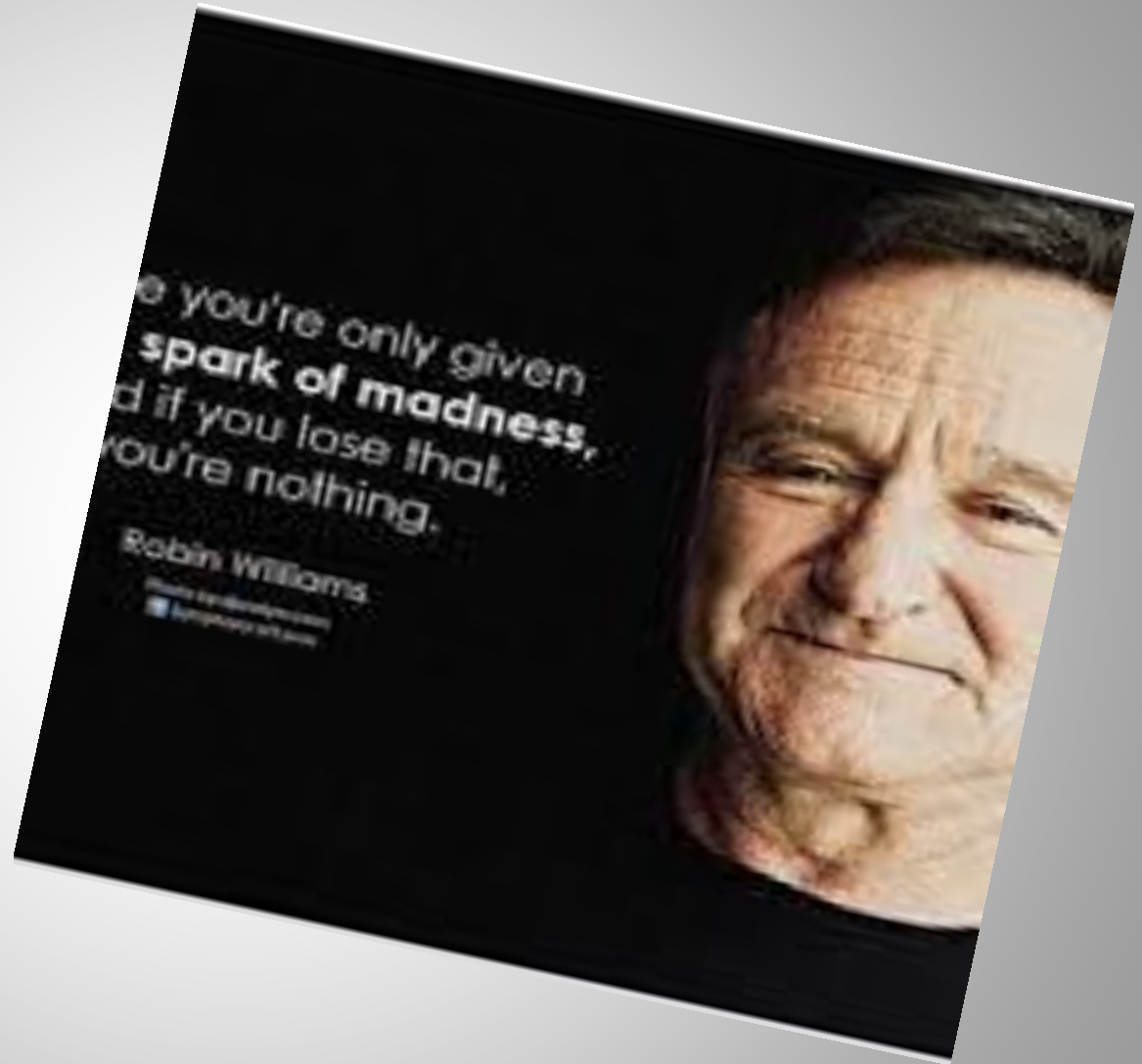
Experiences in a Concentration Camp 75

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

And there were always choices to make. Every day, every hour, offered the opportunity to make a decision, a decision which determined whether you would or would not submit

The stories we have been told





- VIDEO CLIP

Hope Focused

Together we must
work together to
make hope
visible



EXAMPLES OF HOPEFUL LANGUAGE

THE LANGUAGE OF OPTIONS

“How can we help?”

“What is the worst possible outcome for this situation?”

“What is the best possible outcome of this situation?”

“Whose example would you follow if you decided to behave in a hopeful manner?”

Source: Jevne, R & Nekolaichuk, C., 2003)

EXAMPLES OF HOPEFUL LANGUAGE

THE LANGUAGE OF HOPE & CHANGE

- “What is the smallest change that could increase your hope?”
- “What would a hopeful person do in your circumstances?”
- “How would you be different if you were more hopeful?”

Source: Jevne, R & Nekolaichuk, C., 2003)

EXAMPLES OF HOPEFUL LANGUAGE

USE WORDS OF POSSIBILITY

- The use of “WHEN” instead of “if”:
“WHEN this difficult time passes”
“WHEN you find a remedy for this pain”
- The use of “COULD” instead of “should”:
“I COULD try that now”
- The use of “YET” instead of “but”

HOPE AND RESILIENCE

- Use hope-based language
- See the “person” first
- Connect to the story
- Choose a hope image/ symbol
- Identify and foster hope in our children our families, communities and our workplaces
- Share hope stories
- Humour and play
- Hope Models (who is your model of hope – real person, storybook character)
- Become a HOPE Ambassador

My hope for you

- If alone that you are rarely lonely
- If you find yourself broke that you will not be poor.
- If you are overloaded that you will not be overwhelmed.
- Reduce the competing and start creating
- No matter what the world sounds like, feels like or looks like, follow your own unique hope journey.
- We get to choose our thought, feeling and behaviour so choose wisely by choosing hope language
- **That you discover**
 - ❖ Who you are ?
 - ❖ Why you are here?



*Because a rose can never be a sunflower and a
sunflower can never be a rose*

Miranda Kerr

QUOTESSS.COM

HOPE IS A UNIVERSAL CONCEPT AND ONE THAT IS EASILY UNDERSTOOD IN MOST CULTURES

The challenge has been in operationalizing the concept of hope
and moving beyond seeing it as a belief or simple optimism

Hopeful Minds has addressed this challenge



