



Hope, Dreams & Connection: Key Strategies for Optimal Mental Health & Well-being

Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN
Vice President for Health Promotion
University Chief Wellness Officer
Dean and Helene Fuld Health Trust Professor of Evidence-Based Practice, College of Nursing
Professor of Pediatrics & Psychiatry, College of Medicine
Executive Director, the Helene Fuld Health Trust National Institute for EBP

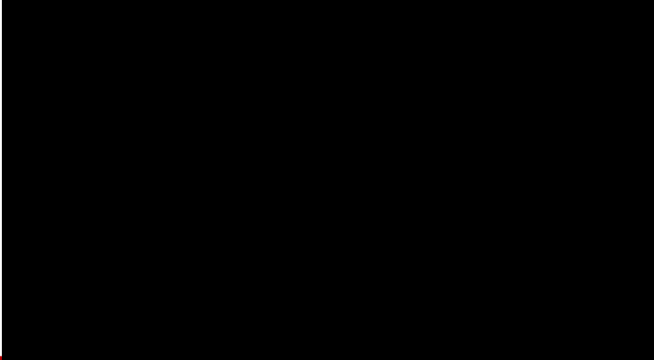


THE OHIO STATE UNIVERSITY

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It Has Been a Long Character-Building Pandemic!

- Everyday routines changed and some of us may still be living in a state of hypervigilance
- Many people are still languishing
- Even as our lives have begun to have some semblance of normalcy, we still may be struggling to dream again and have lost hope that our dreams can come to fruition
- Let's consider today our January 1 and get back to dreaming and hoping again




***There is science
behind hope!***

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- *A rainbow follows rain*
- *Calm follows a storm*
- *Morning follows night*
- *A new beginning follow an ending!*



- *Optimism is the faith that leads to achievement.
Nothing can be done without hope and confidence- Helen Keller*

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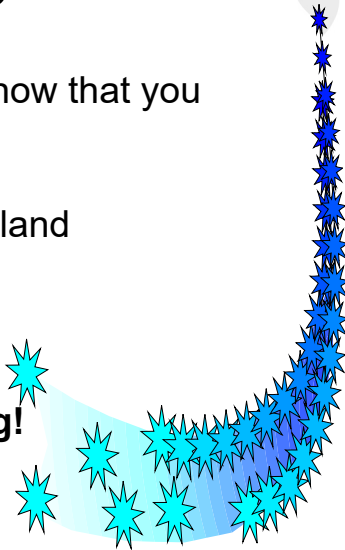
The Next 2-5 Years

What will you do in the next 2-5 years if you know that you would not fail?

Shoot for the moon, even if you miss, you will land amongst the stars

-Les Brown

There Is A Magic In Thinking Big!



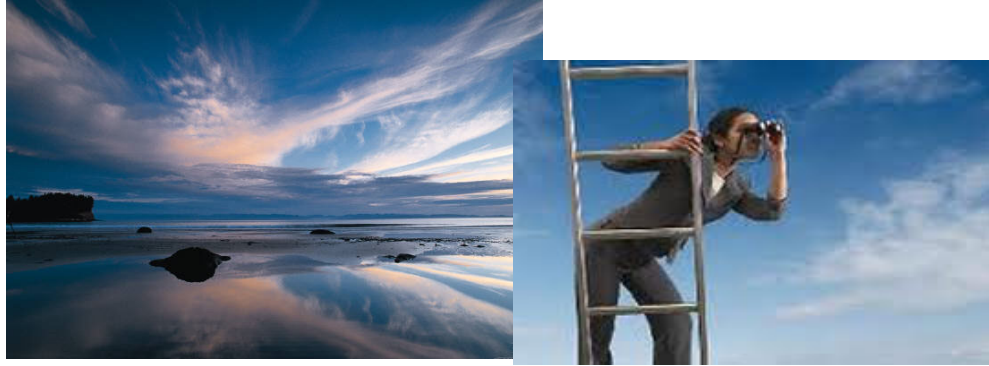
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Why is it Essential to Dream Big?

Nothing happens unless first a dream! – Carl Sandburg

You've got to see it before you can do it!

"Without a dream, we may struggle to see potential in ourselves because we don't look beyond our current circumstances. – **John Maxwell**



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Children find it
easy to dream
and believe;
We must foster
these qualities in
each other

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Walt Disney Had a Big Dream



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Fred Smith had a Big Dream While Attending Yale

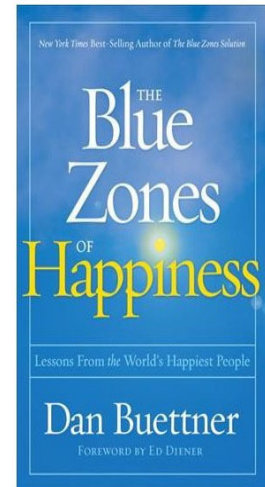


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The Keys for Happiness

Pursuit of the Dream/Purpose, Passion and Pride

- To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)
- To enhance purpose, increase opportunities to use your strengths to achieve meaningful goals
 - **Knowing your sense of purpose is worth up to 7 years extra life expectancy!**
- To enhance pride, look for ways to align your job with your dreams and passions; reflect upon your accomplishments (nor are too small!); If you are aligned, you will get excited to get up every morning!



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An Essential Element Required to Achieve a Big Dream: Belief

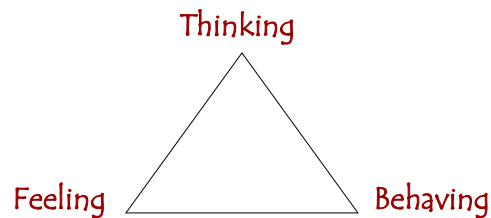
- *Belief at the beginning of any successful endeavor is the one element that will ensure success.*
- *Anything that the mind can conceive and believe, it can achieve!*
- *Belief is the thermostat that regulates what we accomplish in life" (David Schwartz-The Magic of Thinking Big)*
- *When you believe you can do it, the how to do it develops*
- *Disbelief attracts negativity, and then the mind attracts reasons to support the disbelief → the result then is failure*
- *Fear of failure holding you back? Yes, failure is a possibility, but is that really the worst that could happen? Successful people often fail their way to success, so fail forward!*

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Think and Believe Success

Both within ourselves and in an organization,
how you think is everything.

Keep your dream bigger than your fears!



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Remember to Catch, Check & Change Your Automatic Negative Thoughts

- When you notice your mood has changed or intensified, or is going in a negative direction with a negative automatic thought or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?

Is this thought really true?

Is this thinking helpful?

Do I have evidence to back this up?



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**You cannot discover
new oceans unless
you have the courage
to lose sight of the
shore**

You must take risks!

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Persistence is a Key to Success

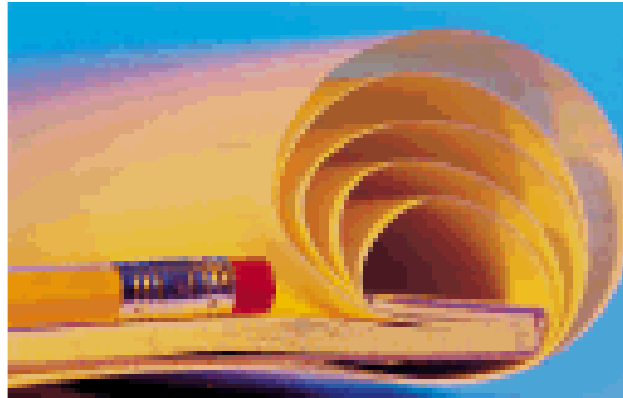
- R.H. Macy failed in retailing 7 times before his store in New York became a success
- Abraham Lincoln failed twice in business and was defeated in 6 states and national elections before being elected president
- Theodor S. Geisel wrote a children's book that was rejected by 23 publishers. The 24th publisher sold 6 million copies of the first "Dr. Seuss Book."
- Fred Astaire's first screen test assessment: "Losing hair. Can't sing. Can dance a little."

***Persist through the "character-
building" days and experiences.***

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Big Dreams + Written Goals + Persistence are Essential

Studies have shown that people who write down their goals are much more successful in attaining them than people who do not



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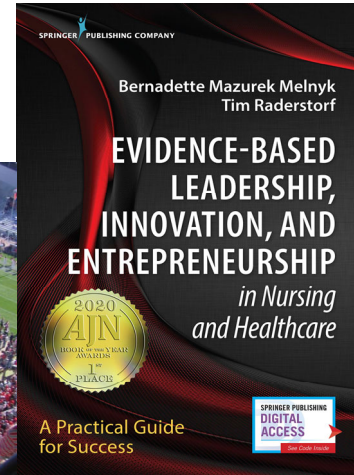
The 3 Ds for Success: Dream, Discover and Deliver

*Plant your seeds,
nurture them, and
don't give up on
your dreams
before they grow!*



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From a Small Coal Mining Town Chapter 2: My Story



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Dreams, belief and persistence were key elements in my ability to help vulnerable children, teens and parents



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When Things Aren't Going Your Way, When You Feel Defeated or are Fatigued, Start Dreaming Again

- Regard the set back as a lesson; what can you learn from it?
- Remember that success is going from one failure to the next with enthusiasm, knowing that with one more failure or closed door, you are one step closer to your dream

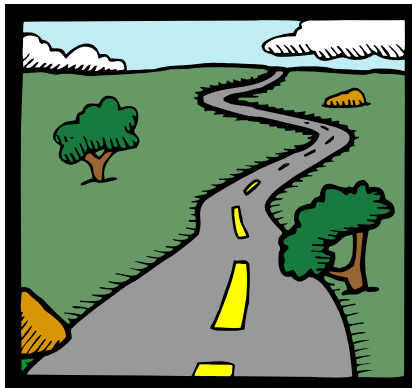
-Bern Melnyk

- *Fail forward!*

FAIL FAST
&
FAIL FORWARD

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**In this world, remember everything is transitional.
What looks like the end of the road will turn out to
be a bend in the road!**



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The Helene Fuld Health Trust National Institute for EBP in Nursing & Healthcare took 10+ years for the dream to become reality

Established in 2016 with
a \$6.5 million grant and
will live on in perpetuity
because it is endowed!



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Lou's Story

- From dreams and risk to reality
- People do not typically regret what they did in life, they regret what they did not do



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We are Never Too Mature to Pursue our Dreams, Purpose and Passion



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Stay Connected with Others!

- We are hard wired to connect!
- Studies have shown that people who are disconnected from others are more likely to be lonely, depressed and even die than people with strong connection to others
- Take and give a dose of gratitude to someone every day
- Make time to connect with others; volunteer



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Let's Continue to Raise Each Other Up to Accomplish our Dreams

A True Story of Derick Redmond, an Olympian

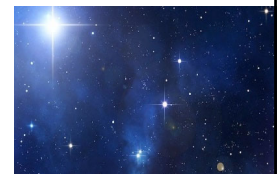


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Skills Building Exercise

Write down the answer to these questions, put your responses where you can see them daily, and share them with a supportive person in your life who can periodically check in on your progress

- “What will I do in the next 2-5 years if I know I could not fail?”
“What are your strengths?”
- “What are two goals that you can establish for the next 90 days that will help you make progress toward your dreams?”
- “What am I passionate about?”
- “What will I do in the next 7 days that helps me pursue my passion?”



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Create a Vision Board



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Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

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Join us next week!

The Science of Hope

David B. Feldman, PhD
McCarthy Professor
Department of Counseling Psychology
Santa Clara University

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Bernadette Mazurek Melnyk

614-292-4844

Melnyk.15@osu.edu

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