

OFFICE OF THE CHIEF WELLNESS OFFICER

# HOPE IN HARD TIMES

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**THE OHIO STATE UNIVERSITY**

# Skill Building – Week 2

Conditions in which hope thrives



# Goals

- The cornerstone of hope
- Personal
- Some degree of probability
- Highly desirable
- Willing to fight for them



# Pathways

The ability to identify routes toward goals and to find new pathways (problem solve) around obstacles if necessary.





# Agency



Willpower or ability to sustain motivation to move along these pathways.




# Power of Hope

“Hope is the belief that your future will be better than today and you have the power to make it so.”

Dr. Chan M. Hellman, University of Oklahoma



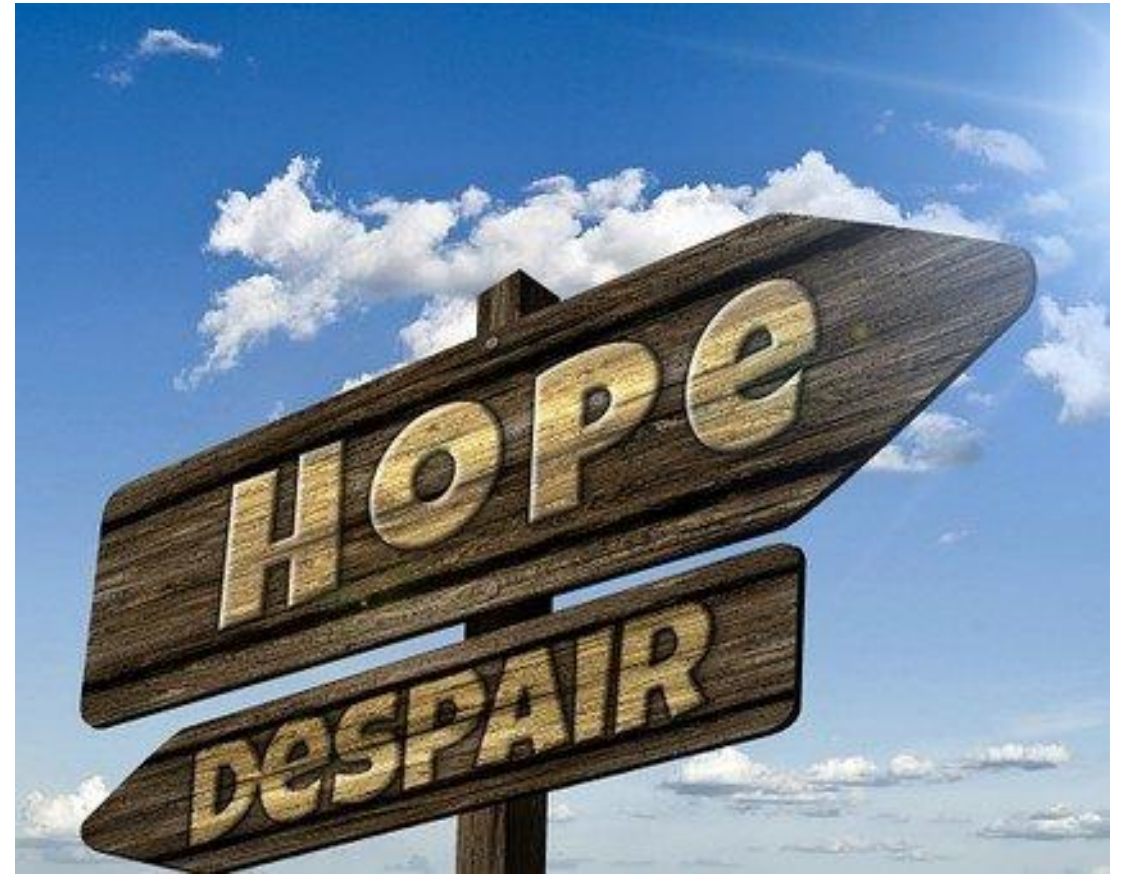




*Hope is accessible to each  
and every one of us.*

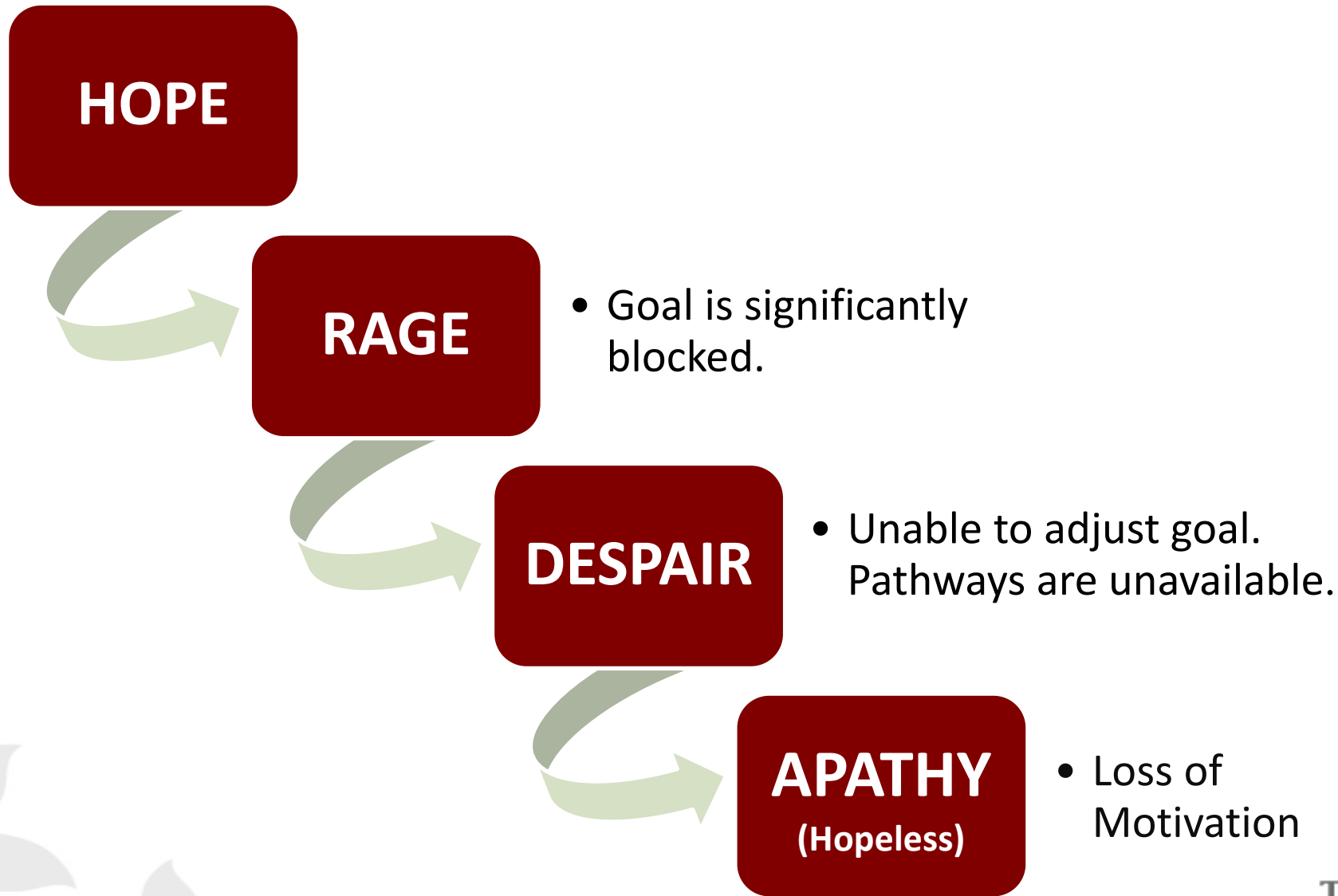
# How do trauma and adversity affect hope?

- Diminish our capacity for hope
- Rob us of problem-solving ability
- Make it hard to map new pathways around barriers to goals
- Deplete our willpower





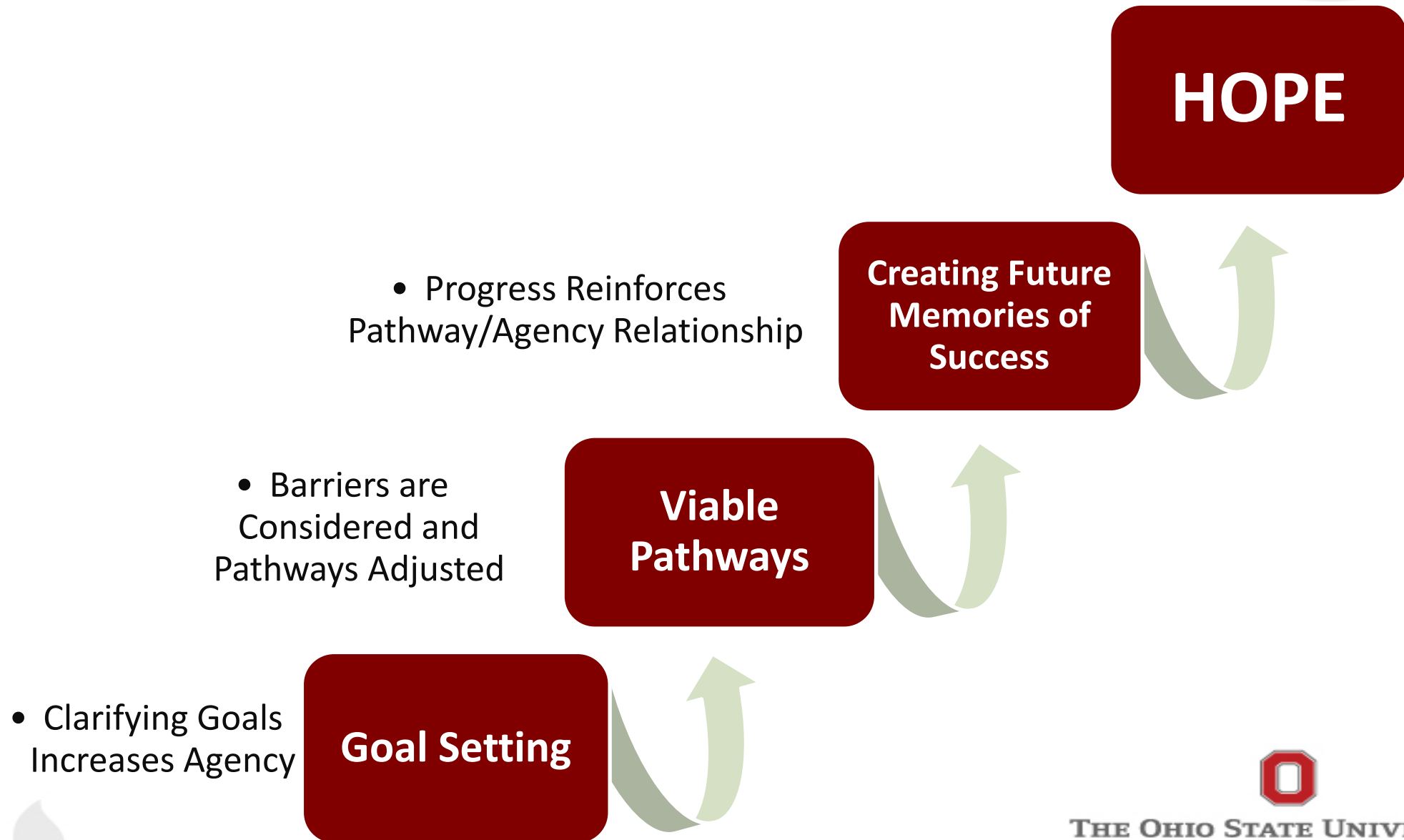
# What happens when we fail?



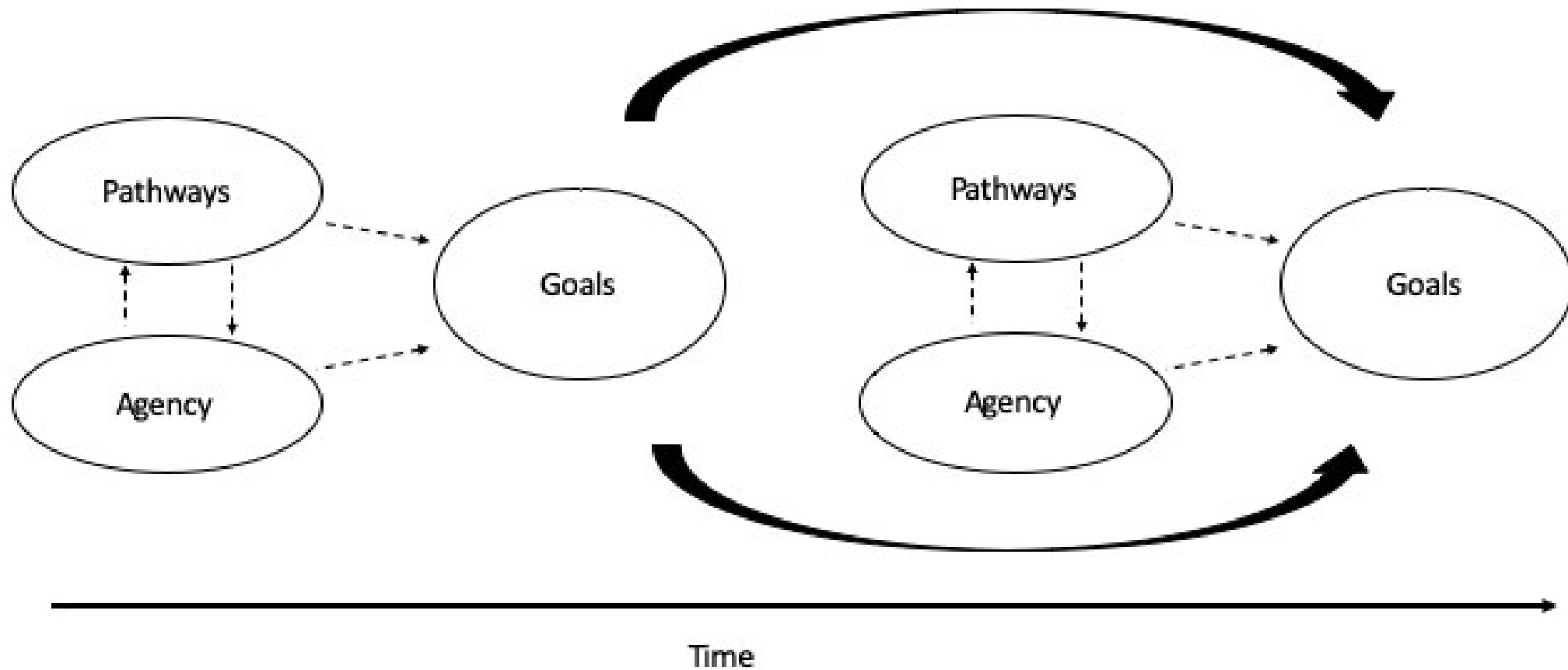
Dr. Chan M. Hellman,  
University of Oklahoma,  
Hope Research Center



# What happens when we succeed?



# Hope begets hope







Imagination is  
the instrument  
of hope.

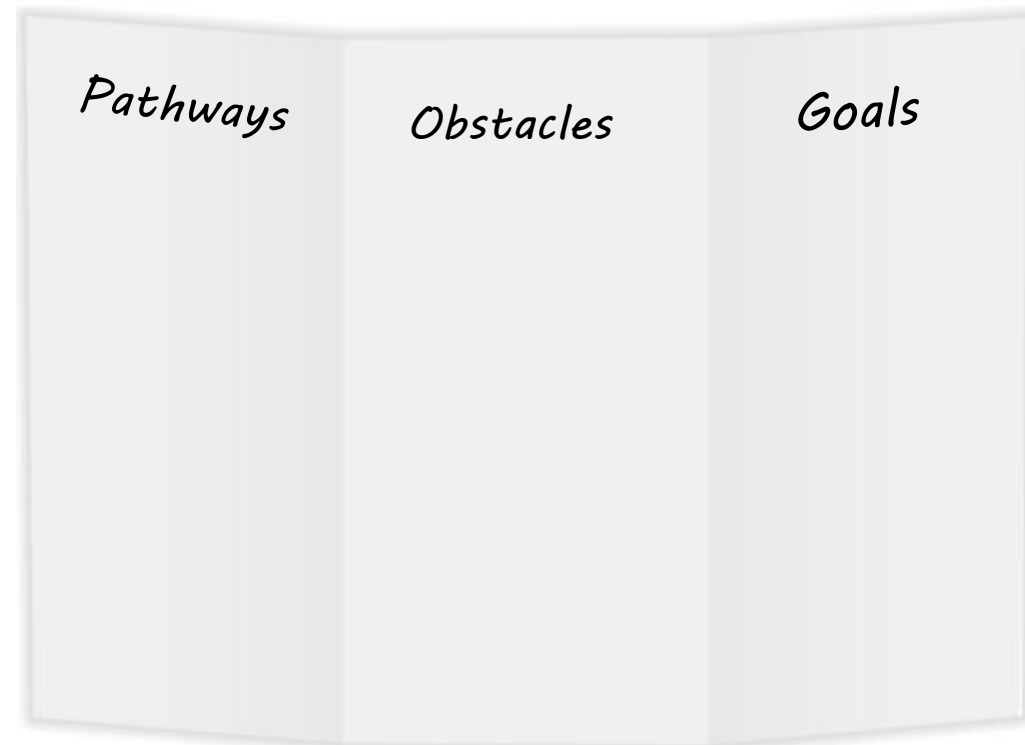
Photo credit: <https://www.mindfulreturn.com/>



Managing willpower

# Hope mapping

1. Goal you want to achieve
2. Pathways to achieve that goal.  
Include tasks that must be done.
3. Obstacles that must be overcome to each pathway. Reflect on how to overcome obstacles.



[https://edtechbooks.org/addressing\\_wellbeing/hope\\_map](https://edtechbooks.org/addressing_wellbeing/hope_map)







HOPE

CHANGES  
EVERYTHING

[dearrileyrose.com](http://dearrileyrose.com)

“We can't fully live unless we have hope.”



# Post Traumatic Growth



Jane McGonigal, PhD  
[janemcgonigal.com](http://janemcgonigal.com)

1. My priorities have changed. I'm not afraid to do what makes me happy.
2. I feel closer to my friends and family.
3. I understand myself better. I know who I really am now.
4. I have a new sense of meaning and purpose in my life.
5. I'm better able to focus on my goals and dreams.







Physical Resilience



Mental Resilience



Emotional Resilience



Social Resilience



# Hope is a Choice



*“Once you choose hope,  
anything is possible.”*

~Christopher Reeve





HOPE

*is a social gift*



# Our ability to change...

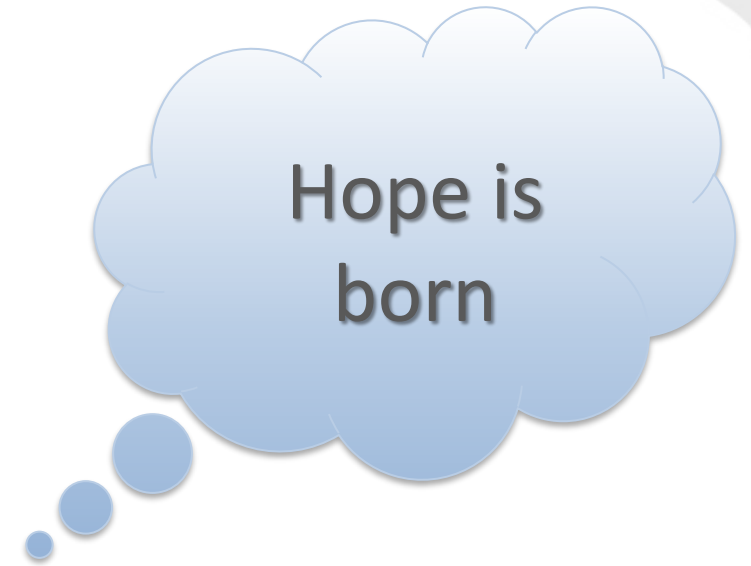
Understand

the way  
things are  
right now



Imagine

the way  
things  
could be



# Skill Building - Week 3

- Hope is a way of thinking that can be taught
- Hope begets hope
- Build resilience: physical, mental, emotional, social
- Connectedness is one of the single biggest predictors of hope



# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation.

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This and all future series recordings can be found at:  
<https://u.osu.edu/hopedreamconnect/recorded-webinars/>**

**To receive YP4H points, 5 out of 6 surveys must be completed by 10/21/22**



# **Join us next week!**

September 27, 12:30 – 1:00 pm EST

**Energy for Hope, Purpose and Connection:  
Reignite your Dreams!**

**Brenda Buffington, EdD**

Executive Director, Health Athlete Program, Assistant Professor of  
Clinical Practice, Ohio State College of Nursing,  
Program Manager, Buckeye Wellness





# Questions?

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Resources from OSU Extension:

- [Livesmartohio.osu.edu](http://Livesmartohio.osu.edu)
- [Livehealthyosu.com](http://Livehealthyosu.com)
- [Ohioline.osu.edu](http://Ohioline.osu.edu)
- [FCS.osu.edu](http://FCS.osu.edu)

