


OFFICE OF THE CHIEF WELLNESS OFFICER

## HOPE and Perseverance through the end of the year

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## Skill Building – Week 5

- Acknowledge the good and the bad
- Be in the moment
- Plan ahead
- The hopeful paradox of living in the moment and imagining the future



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## Theory of Hope

“The perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways.”

Dr. C.R. Snyder, University of Kansas, Lawrence



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## Hardships of Holidays



- Loss
- Disappointment
- Loneliness
- Financial stress



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# What do you want the holidays to be?



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# What's your why?



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## What's your plan?

- Be Realistic
- Prioritize
  - Must do
  - Like to do
  - If there's time to do



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## Planning

- School
- Work
- Neighborhood
- Faith
- Family



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## Support Strategies



- Gifts
- Decorations
- Food
- Travel
- Holiday events
- Clothing

## Embrace Healthy Habits



## Pathway- how are you going to get there?



- Keep your eye on the goal
- Use moments of frustration to turn to joy
- How can I make this pleasant?

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## Perseverance



- Routines
- Responsibilities

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## Be Present



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## Remember.....

- Pause and reflect on the why
- Prioritize the goals
- Persevere with joy



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## Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

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## Questions?

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Resources from OSU Extension:

- Livesmartohio.osu.edu
- Livehealthyosu.com
- Ohioline.osu.edu
- FCS.osu.edu



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