

OFFICE OF THE CHIEF WELLNESS OFFICER

# LIVING IN THE MOMENT AND CREATING A HOPEFUL FUTURE

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Employee Assistance Program and Office of Student  
Life, Ohio State University Extension*



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# **Skill Building – Week 4**

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

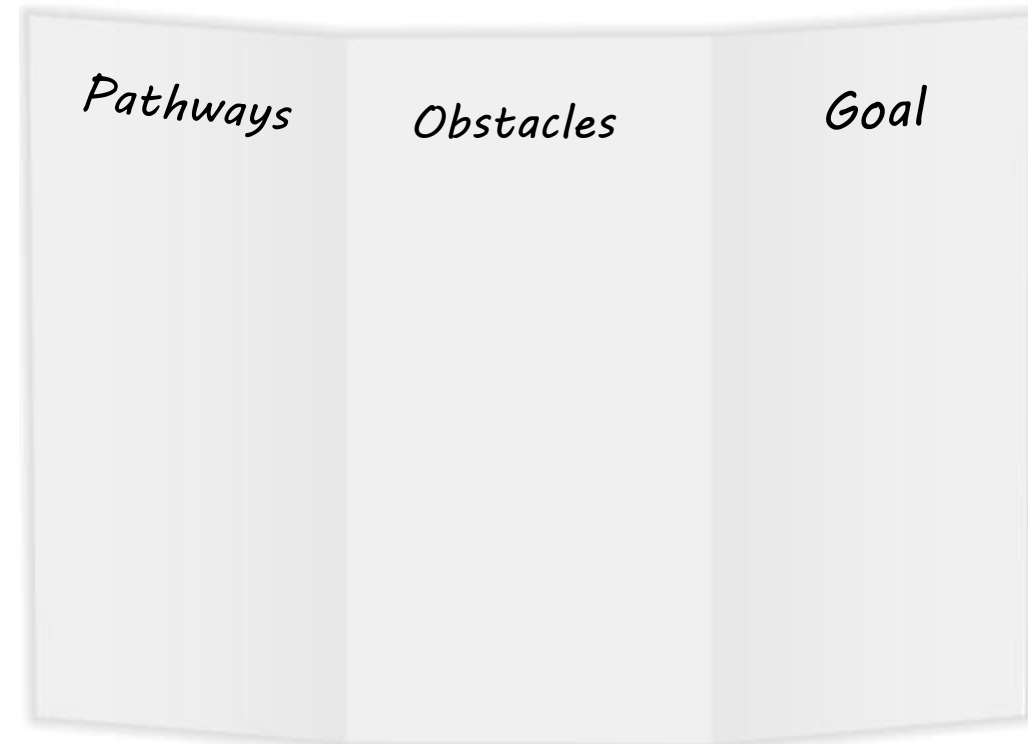
By Brenda Buffington, EdD

- Energy, chat shares = positive, family, friends, outdoors, hopeful, grateful, inspiring
- Power Posing – two minutes!
- Inner Critic or Inner Ally?
- Purpose



# Hope Map

1. Goal you want to achieve
2. Pathways to achieve that goal.  
Include tasks that must be completed.
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)



# 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



# FAMILY SCIENCE

## Family Science Is...



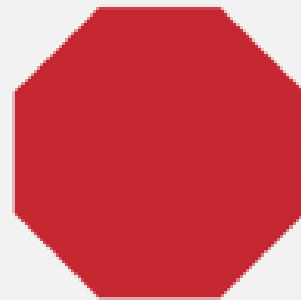
Relationship-  
Focused



Evidence-  
Based



Strengths-  
Oriented



Preventive



Translational

<https://www.ncfr.org/about/what-family-science> -

National Council of Family Relations



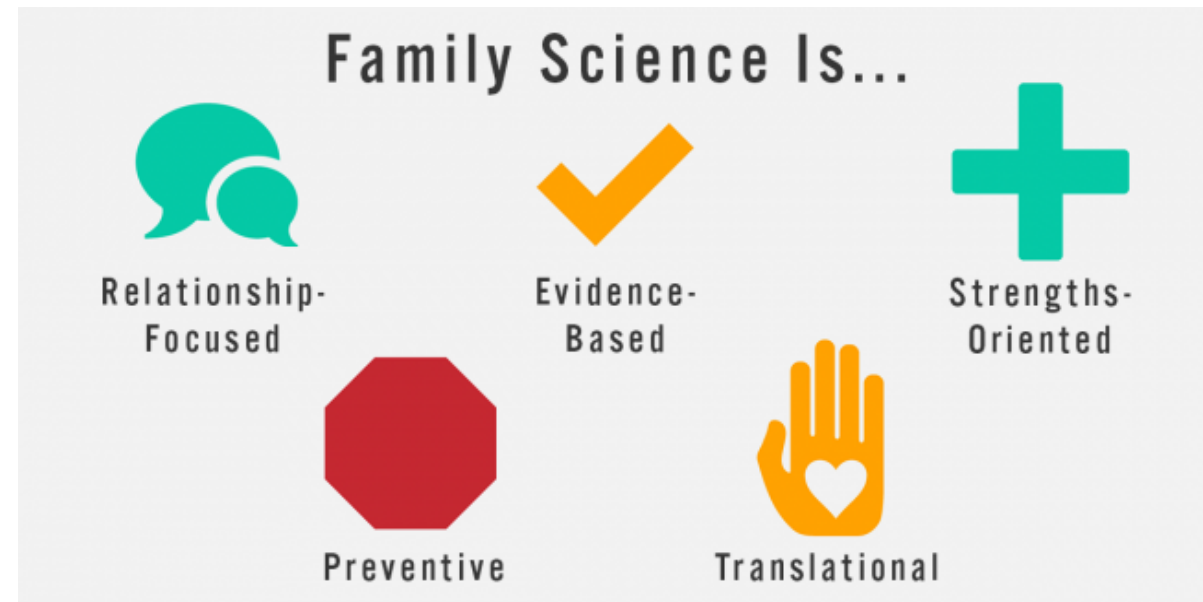
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# FAMILY AND CONSUMER SCIENCES (FCS)

Previously known as “Home Economics” (before 1990s)

**“The science and art of living and working well in our complex world”**

American Association of  
Family and Consumer Sciences



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# LIVING IN THE MOMENT AND CREATING A HOPEFUL FUTURE :

- Acknowledge the good and the bad
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# Our ability to change...

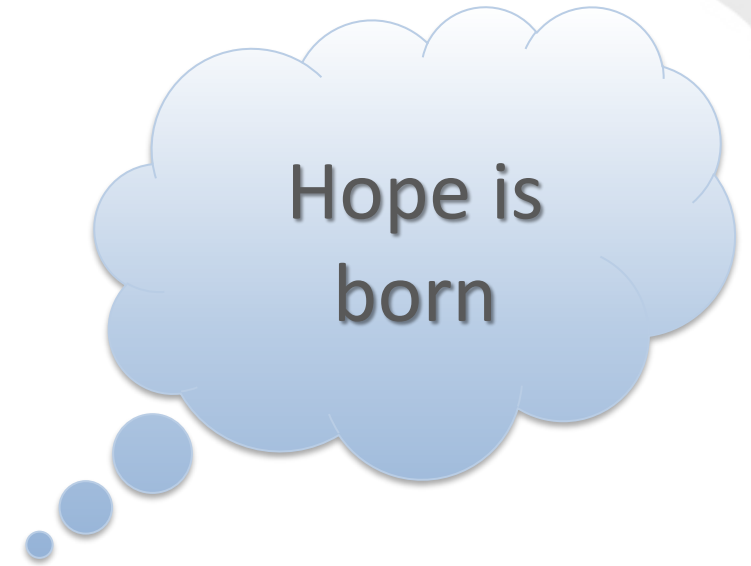
Understand

the way  
things are  
right now



Imagine

the way  
things  
could be





# ACKNOWLEDGE THE GOOD AND BAD



# ROSE, THORN, BUD ACTIVITY





# ROSE, THORN, BUD – DIFFERENT SETTINGS

- Personal
- Household or family
- Worksite
- Online



# CARLOS WALLACE, AUTHOR

“As someone who has dealt with his fair share of disappointment, I've learned the best way to cope with trouble is to approach every situation with eyes wide open; focused and determined”



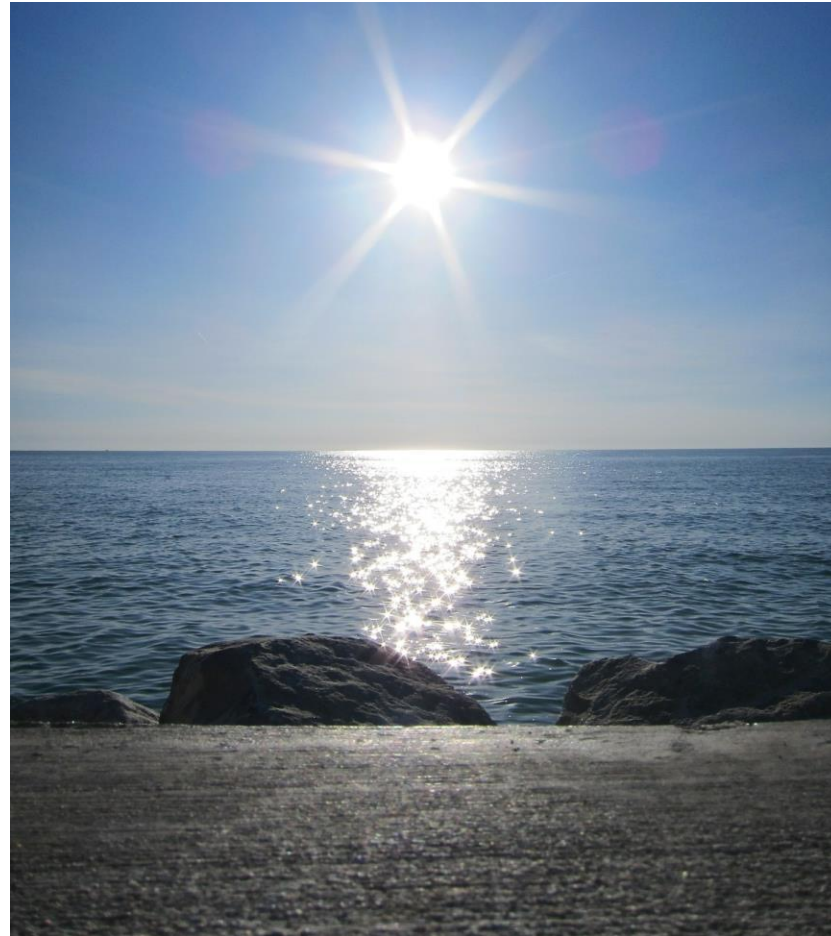
# BE IN THE MOMENT



# PRACTICE MINDFULNESS

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

~Jon Kabat-Zinn





# THROUGHOUT LIFE THERE WILL BE CHALLENGES AND JOYS

Mindfulness practice offers a space that is **beneficial** for both the moments of **pain and frustration** as well as the moments of **excitement and enjoyment**.



# MINDFULNESS ACTIVITY: THREE SENSES





# PLAN AHEAD



# PAX TOOLS



# paxtools

## Community Workshop

Authors: Carmen Irving, MA, CFLE; Kathryn Tummino, BA, OCPS;  
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# FUTURE VISION ACTIVITY

- SEE
- HEAR
- FEEL
- DO



# FUTURE VISION WORKSHEET

See	Hear	Feel	Do
M	O	R	E
L	E	S	S



# LIVING IN THE MOMENT AND CREATING A HOPEFUL FUTURE :

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





# QUESTIONS FOR YOURSELF

- Am I preparing for future success or worrying about the future?
- Am I taking pleasure in looking forward to future events?
- Am I checking in, here, now, in this moment?

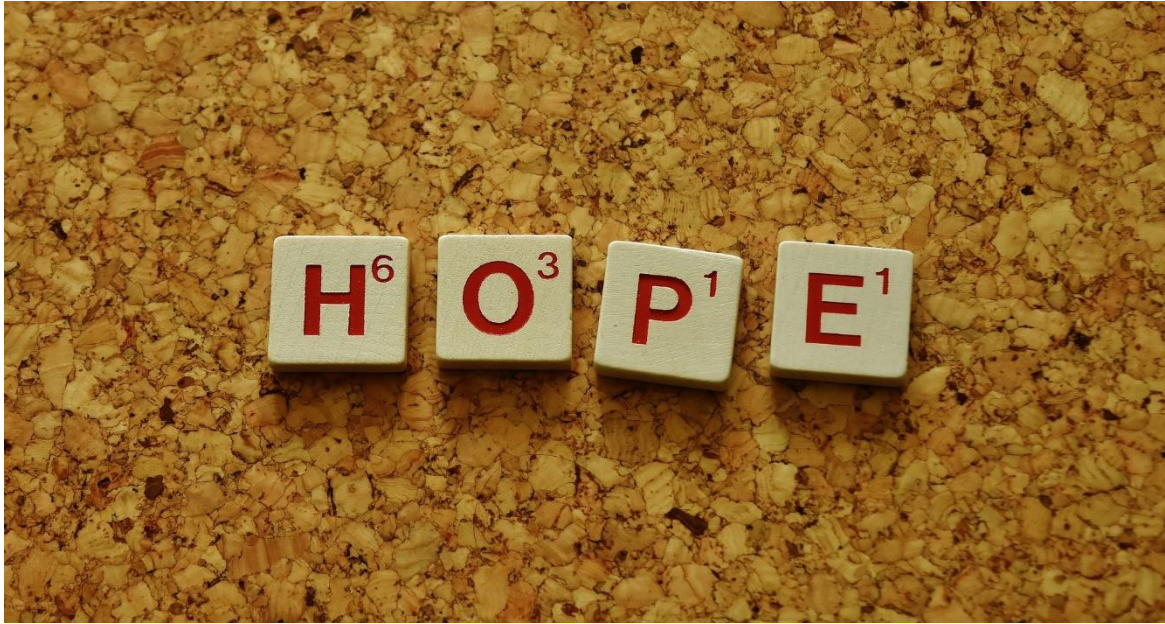


# EXAMPLES:

- **Reading and studying** now to prepare to share or test later
- **Practicing** the musical instrument to be able to pick up and improvise at a jazz performance
- **Practicing** mindfulness now for additional benefits later
- **Packing** today for a week-end trip
- **Planting** garlic bulbs now for next year's harvest
- **Choosing** a greeting card or gift to share with a loved one
- **Childproofing** living room for toddler grandchildren to visit
- **Buying** the groceries today for meals later this week
- **Participating** in this webinar series right now with specific plans to use information later (sooner than later)



# GO.OSU.EDU/HOPEFULFUTURE



- Acknowledge the good and the bad
- Be in the moment
- Plan ahead
- Enjoy the paradox of living in the moment and planning for a hopeful future





## REFERENCES - [go.osu.edu/hopefulfuture](https://go.osu.edu/hopefulfuture)

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# **Join us next week!**

October 11, 12:30 pm – 1:00 pm EST

**Hope and Perseverance through the End of the Year**

Melinda Hill

Extension Educator, Family and Consumer Sciences

OSU Extension, Wayne County



# 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)

