LIVING IN THE MOMENT AND CREATING A HOPEFUL FUTURE

Patrice Powers-Barker
Extension Educator, Family and Consumer Sciences
Ohio State University Extension

Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life, Ohio State University Extension
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
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 Is...

- Relationship-Focused
- Evidence-Based
- Strengths-Oriented
- Preventive
- Translational

https://www.ncfr.org/about/what-family-science - National Council of Family Relations
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
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
Our ability to change…

Imagine the way things could be

Hope is born

Understand
the way things are right now
ACKNOWLEDGE THE GOOD AND BAD
ROSE, THORN, BUD ACTIVITY
ROSE, THORN, BUD – DIFFERENT SETTINGS

• Personal
• Household or family
• Worksite
• Online
“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

Plan A

Plan B

Plan C
PAX Tools is registered trademark of PAXIS Institute
Copyright © PAXIS Institute, 2021 • All rights reserved.
www.paxis.org (520) 299-6770 paxtools@paxis.org
FUTURE VISION ACTIVITY

• SEE
• HEAR
• FEEL
• DO
# Future Vision Worksheet

<table>
<thead>
<tr>
<th>See</th>
<th>Hear</th>
<th>Feel</th>
<th>Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>O</td>
<td>R</td>
<td>E</td>
</tr>
<tr>
<td>L</td>
<td>E</td>
<td>S</td>
<td>S</td>
</tr>
</tbody>
</table>
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)
• 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


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?

Patrice Powers-Barker
powers-barker.1@osu.edu
419-574-0983
go.osu.edu/hopefulfuture

Resources from OSU Extension:
- Livesmartohio.osu.edu
- Livehealthyosu.com
- Ohioline.osu.edu
- FCS.osu.edu