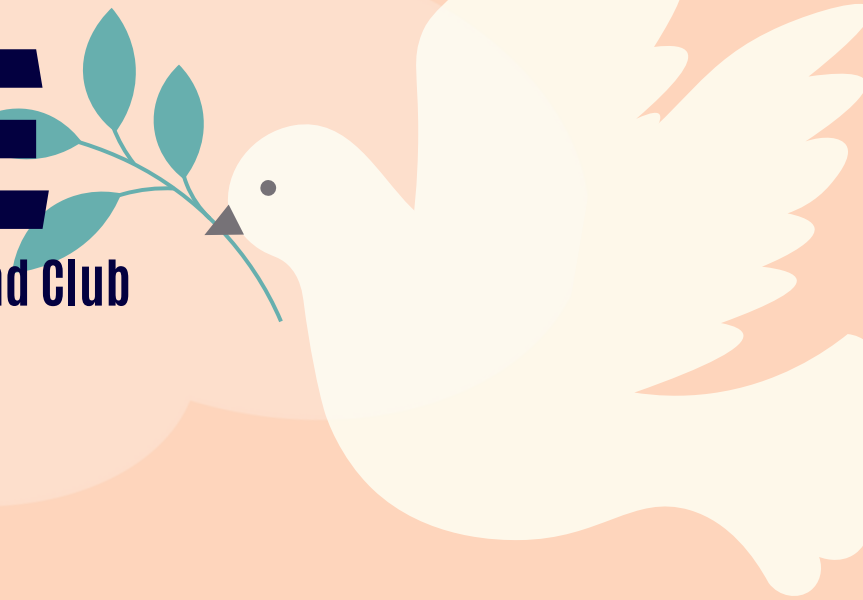


# HOPE

April Newsletter | Health and Mind Club



## INTRODUCTION

Hoping to win the lottery? That would actually be a wish you have. Hoping to have a good day today? That's being optimistic. **Then what is hope?**

Hope is the belief that your future can be brighter and better than your past and that you actually have a role to play in making it better. It is a positive state of mind and being hopeful can help us improve our health and relationships, increase resilience, cope with challenges and achieve our goals.

Hope requires a person to take responsibility (willpower) for their wants and desires (goals) and take action in working towards them (pathways). Optimistic people see the glass as half full, but hopeful people ask how they can fill the glass full.

*Hope = Goals + Willpower + Pathways*

## HOW TO BUILD HOPE

Building Hope is definitely easier said than done, it can be very challenging when you're faced with multiple obstacles and setbacks but don't you worry you've come to the right place. Here are some tips to help kickstart your journey to a more positive and hopeful mindset!



### *Set Realistic Goals*

Setting goals can give us a sense of purpose and direction, but it is important to set achievable and realistic goals. This is not because we think you can't achieve the goals you aim for but instead it's to protect yourself from the disappointment which in turn would lead to a loss in hope. Start with something small and eventually work your way up to your major goals.

01

### *Check in with yourself*

If you're not excited and enthusiastic about taking the next move toward your goals, it's likely that your goals need to be adjusted. Ask yourself if you're excited about the future, if you can respond "yes" to this question, it's a good sign that you're developing hope.



03

### *Focus on the Positive*

When we are faced with a difficult situation it's normal for one to only focus on the negatives of the situation and show a lack of hope but what really shows your strength is the ability to find and focus on the positives of any and every situation. Not only does it build hope for the people around you it helps you navigate those tricky situations with a clear head.



04

### *Practice Self Care*

Taking care of yourself is essential to building hope. This includes getting enough sleep everyday, eating all three meals and engaging in activities that bring you joy. When we take care of ourselves we arm ourselves better to deal with challenges.

Remember building hope is a process that takes time and effort, but it is worth it!



The "fragile, anxious, and sensitive generation"—are we really that? Or is it just that we address our mental health openly? There is nothing new when we hear adults state things like, "This generation is hopeless, nothing can be done about them," or maybe "all of this mental health wasn't there in our time but we were still happy". But that's because the importance of addressing mental health has become increasingly clear to people as time has gone on. Yes, the rates of mental health cases are rising, but that's because GenZ is embracing a new, more open, and destigmatizing connection with their mental health. It's not because they are hopeless and are too sensitive, it's because they are hopeful that addressing these problems will improve both their situation and that of other people who are struggling. They have hope that they will receive the support they require. They are hopeful that they will be accepted for just how they are and do not need to hide away. Indeed with each passing generation, there is more hope for a better and brighter future in which we can open up, seek assistance, and avoid the stigma of those around us.

**GENZ: HOPELESS OR HOPEFUL?**

# THE NEW ACADEMIC YEAR

The start of the school year should be a time when we review, reflect over the past academic year, and celebrate that we have made it so far <3 We all have been through something over the past year but for all its worth, look how far you've gotten from where you've begun. Isn't it a massive change?

Here are some questions that will help you reflect on this past academic year:

What was the most memorable thing this year?

What challenges did you face this year?

How did you overcome those challenges?

What is something you accomplished this year that you are proud of?

How did you grow as a student this year? [In your skills, study habits, and mindset.]

What was the nicest thing someone in your class did for you this year? How did that affect you?

What type of feedback was the most motivating to you?

After answering these questions, you'll know yourself a little better, and in all these things, let's not forget all those who helped us along the way, our teachers, friends, family and of course God.

Let us be thankful and grateful, let us be sincere, let us be hopeful, let us work hard, let us start noticing the little things around us and be more attentive of our surroundings, and let us make sure that we give our best in everything we do.



# Back to School Strategies

Researchers have found that students who are high in hope have greater academic success, stronger friendships, and demonstrate more creativity and better problem-solving.

A person who is high in hope knows how to do the following things

- ✓ *Set clear and attainable goals.*
- ✓ *Develop multiple strategies to reach those goals.*
- ✓ *Stay motivated to attain the goals, even when the going gets tough.*

## HERE ARE FIVE WAYS YOU CAN DO THIS:

**1** Identify and prioritize your goals: From macro to micro: Begin by making a "big picture" list of what's important to you—for example, academics, loved ones, sports, or career—and then reflect on the areas that are important how satisfied you are with each. Using this list, set goals that are specific and solution-oriented. Finally, rank your goals in order of importance.

**2** Break your goals into steps: We often think that goals must be achieved all at once. Learning to see goals as a staircase allows us to celebrate our success along each step, which is a wonderful way to keep our motivation high!

**3** There's more than one way to reach a goal: Being unable to overcome obstacles is one challenge we face as students. Our lack of problem-solving skills leaves goals unachieved. To overcome obstacles, we must visualize various routes towards goals. Success needs creativity to tackle obstacles, not avoidance.

**4** Read stories of success: Hopeful students draw on memories of other successes when they face an obstacle; however, students with low hope often don't have these kinds of memories. That's why it's vital to read books or stories of other people who have overcome challenges to reach their goals.

**Keep it light and positive: Enjoy the process of achieving your goals, even laugh at yourself and make mistakes. Above all, no self-pity! Students who use positive self-talk, rather than beating themselves up for mistakes, are more likely to reach their goals.**

## **WE WISH EVERYONE THE BEST OF LUCK FOR THE NEW ACADEMIC YEAR!**

### **COMING UP IN APRIL....**

- New year, New members! Health and Mind's Club Registrations for the academic year 2023 - 24 will be open during **the first week of school**. Students from grades 9 - 12 can apply, so keep a watchful eye out!
- **Break the Bias**, the Health and Mind book club, is a stage for discussions where students share their opinions on books that highlight important topics concerning awareness and advocacy of Mental Health. The first session for this academic year will be held on **April 11th**.
- The Health and Mind **breaktime** activities are back, and they're better than ever! Tune in during the breaks for activities for the advocacy of Mental Health!

12th April - **Back to School** activity for grades 9th and 10th.

13th April - **Go Go Goals** for grades 11th and 12th.

27th April - **Concert** for grades 11th and 12th.

#### **Credits:**

**How to Build Hope- Dinkar Nayyar 12M**

**New academic year- Navetha Sampath 10A**

**Design- Ishita and Sagrika**

