

Hope

Like rain on a drought-ridden desert, hope refreshes your life. Research says you can last three minutes without air and three days without water but not one day without hope. It is essential for emotional survival. Hope is directly related to a person's resilience factor which can be defined as a person's ability to sustain emotional strength during difficult times.

The definition of hope is the expectation that something good is going to happen. The person who has hope has the will and determination that goals will be achieved and a set of different strategies at their disposal to reach their goals.

Life is much like a roller-coaster. A hopeful disposition can help you get through the tough patches that cloud every life. A hopeful person recognizes and deals with problems; is not easily discouraged; copes with all the inevitable twists and turns of life.

“Hope is the only thing stronger than fear.” [Suzanne Collins, *The Hunger Games*](#).

What is it you fear? The most effective ways to banish fear is to repeatedly force yourself to face what you are afraid of. What would you do if you didn't fear criticism, embarrassment or failure?

We can make ourselves more hopeful with practice and effort. Hope allows people to approach problems with a mindset and strategy-set appropriate to success, thereby increasing the chances they will actually accomplish their goals.

A new year has arrived, start with hope. Adopt an attitude that is open to twists and turns so that fear does not limit your life goals.

Make this New Year your best one yet! Strive for a year of belief in your ability to reach a goal...

Your efforts demonstrate hope. EASE has counselors if you want to talk (800) 882-1341.



“Strength is the courage...to reach out!”