SOCIAL MEDIA READY RESOURCES

FIVE WAYS TO STAY HOPEFUL

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*A lit up city at night

Description automatically generated*

With everything going on in the world right now it would be easy to struggle to find hope. Being hopeful is about developing a state of mind that believes we can have a brighter future tomorrow even when things are not looking great today. Finding hope when it seems like there’s none to be found can be hard, **but it**is**possible.**

**Here are five ways you and those around you can stay hopeful in these challenging times;**

**Pause and reflect**

Taking time to press pause is sometimes the best action you can take to find that spirit of hope again.

**Remember what you are thankful for**

Practicing gratitude makes you better equipped to handle what comes your way with a hopeful spirit.

**Limit Your Bad News intake**

Create a challenge today to deliberately look for hope in the news and see what difference it makes.

**Focus on what you can look forward to**

Thinking about a future vision always inspires hope and reminds you there is another chapter still to come.

**Talk to hopeful people**

Most of us know at least one person who can persistently see the bright side of life. Makinga video or phone call to someone you care about might just be the thing you need to bring a dose of much needed encouragement.

For more advice, ideas and a fresh perspective on staying hopeful visit [www.grace-foundation.org.uk](http://www.grace-foundation.org.uk)