

Welcome to the Trauma & Hope Workshop



Goals of the Trauma & Hope Workshop

To be able to identify how hope can reduce feelings of helplessness.

To identify and become aware of how hope increases happiness.

To be able to identify how hope reduces stress.

To be able to recognize how hope improves our quality of life.

This workshop is not a replacement for treatment by a professional, but an opportunity to look at trauma and ways to increase and find hope.

Introduction

What is Hope? How do we implement hope into trauma recovery?

Each of us defines hope differently, but in essence, hope is the expectation that things in the future will be better knowing the sun will shine again tomorrow.

- Hope becomes a foundation and the energy that drives us to find a way to get better and heal. It keeps us strong when we encounter challenges. And Hope gives us a sense of joy and peace, knowing that a better tomorrow exists.
- To have Hope is to want an outcome that makes your life better in some way. It can help make a present challenging situation more bearable but also can eventually improve our lives because envisioning a better future motivates you to take the step to make it happen.
- Whether we think about it or not, Hope is a part of everyone's life. Everyone hopes for something. It is an inherent part of being a human being. Hope helps us define what we want in our future and is part of the self-narrative about our lives we all have running inside our minds.
- Hope helps us remain committed to our goals and motivated to take action toward achieving them. Hope gives people a reason to continue fighting and believing that their current circumstances will improve, despite the unpredictable nature of human existence.
- Hope is a positive cognitive state based on successful goal-directed determination and planning to meet these goals. In other words, Hope is like a snapshot of a person's current goal-directed thinking, highlighting the motivated pursuit of dreams and the expectation that they can achieve those goals.
- Hope does not necessarily fade in the face of adversity; in fact, Hope often endures despite poverty, war, and famine. While no one is exempt from experiencing challenging life events, Hope fosters an orientation to life that allows a grounded and optimistic outlook even in the most demanding circumstances.
- That is the Hope that I like," he says. "In trust, the locus of control is internal ("I trust what the future brings me" or, "I trust my ability to manage what the future brings me")

Myths

- Hope doesn't mean wishful thinking as "I hope to win the lottery."
- You either have Hope, or you don't (Hope can be stimulated and cultivated)
- Your circumstances regulate how much Hope you'll have (you can calibrate your occasion to control how much Hope you have)
- Hope is the same as Faith (Hope is when we believe we can positively impact our future. Faith is when we think something greater will happen)

Let's look at both positive and negative aspects of Hope and Trauma to gain an understanding of how it impacts a person's thinking, feeling, and behaviors by looking at the relevant scenario below:

Hopeless	Hopeful
Thinking Examples	Thinking Examples
I'm never going to get better. I'm never going to heal. Changes in attention, concentration, and memory retrieval.	I need help with this. I can get through this. This is a setback. I can adjust.
Feelings Examples	Feelings Examples
Frightened Worried Hopeless Denial, or refusing to believe that the trauma actually occurred.	I feel new hope I can recovery and build a new sense of worth Determined Hopeful I'm strong I'm a new person
Behavior Examples	Behavior Examples
Stay in bed Have argument with loved one Isolate and withdrawal Mood swings Guilt or shame Blame (including self-blame) Loss of interest in activities	Reach out for help Support loved ones Keep in contact with others

The simplicity of Hope through Recovery

Goals: cognitive endpoint of purposeful behavior.

It can be either short or long -term in nature.

Must be valued (our goals are not always their goals.)

Pathways: mental roadmaps to goal attainment.

Consider potential barriers with solutions.

Identify multiple pathways.

Agency (willpower): mental energy to your pathway pursuits.

Focus your attention and intention on goal pursuits.

Sustained motivation

The Loss of Hope in Trauma/ how we lose hope

Loss of connections:

When we experience a traumatic event in our lives. hopelessness can set in.

Anger:

The goal is significantly blocked, in this stage, your brain works to process the trauma and figure out what happened. You may have a lot of strong feelings and intrusive memories.

Despair:

Loss or absence of hope-Unable to adjust goals, pathways are unavailable. The stage marks a turning point. Here, you take stock of how trauma has changed your life and what you want to do going forward.

Burnout:

If we don't take care of ourselves, we can get exhausted and overwhelmed to the point where life seems to run over us. We no longer feel able to manage our responsibilities and develop a negative and cynical view of the world and others.

Grief of Trauma: A person experiencing trauma may go through the five stages of grief

Denial:

Avoidance, keeping busy all the time, easily distracted and it can feel like shock, numbness, shutting down.

Anger:

It can look like being aggressive or passive-aggressive, getting into arguments or physical fights. It can feel like frustration, impatience, resentment, rage, feeling out of control.

Bargaining:

Ruminating on the future or past, overthinking and worrying, predicting the future and assuming the worst, guilt shame, blame, fear, anxiety, insecurity

Depression:

Sleep and appetite change, reduced energy, reduced social interest, crying, sadness, despair, helplessness, disappointment, overwhelmed.

Acceptance:

Mindful behavior, engaging with reality as it is, adapting, coping, responding skillfully, good enough, courageous, validation, self-compassion, pride, wisdom.

Nurturing Hope During Trauma

Goal setting:

Clarifying Goals increases Recovery

- Accept support
- Treatment - talk therapy
- Professional support
- Support groups
- Stress management
- Viable Pathways

Through the processes of nurturing hope in your life, if possible, to face barriers, for example, the things we talk about, loss of connection, anger, despair, and burnout. But despite all these barriers can work with new pathways that can help you stay focused on your journey to recovery.

- Creating future memories of success
- Getting Job
- Creating relationship
- Connect with others
- Practice self-care
- Avoid recreational substance use
- Learn to say NO to excessive requests or invitations.
- SLOW DOWN - recovery takes time
- You have a limited supply of time and energy. Budget them both.

Progress reinforces pathways

- Teaching coping strategies that bring about positive change
- Identifying and working toward goals
- Build a positive view of self and create trusting and secure relationships
- Count your blessings and be Grateful.
- Learn how to manage your stress
 - Meditation
 - Avoid other people's drama
- Redefine fun. "Fake it till you make it; you will find that engaging in -health
 - Take a class
 - Go anywhere that might be interesting.
 - Revisit an old hobby you used to enjoy
 - Volunteer
 - Focus on your strengths and not just your weaknesses-
 - Ability to love others-loyalty-intelligence-creativity-
 - Sense of humor-compassion
 - Determination

Hope can hold you accountable during trauma recovery

- Your Hope can orient you and keep you committed to your recovery
- Your hope can keep you focused on the positive changes you are making
- Your hope can save you committed to moving forward
- Your Hope can keep committed to self-care
- Hope can help you rebuild your life
- Hope can help you prioritize yourself
- Hope can help you during the recovery process
- Hope can be what you hold onto
- Hope is an internal resource that you can always carry in your heart

Benefits of Having Hope during trauma.

- Hope correlates significantly with superior academic and athletic performance, greater physical and psychological well-being, improved self-esteem, and enhanced interpersonal relationships.
- Hope has the potential to enhance well-being over time. Individuals who are more hopeful and expect to be successful in achieving goals are more likely to experience a state of well-being.
- Individuals with high hopes are more likely to view stressful situations as challenging rather than threatening, reducing the intensity and hindering the proliferation of stress.
- Hope can be perceived as a protective factor against the development of chronic anxiety. Hope correlates significantly and negatively with fear while protecting against perceptions of vulnerability, uncontrollability, and unpredictability.
- Hope is a motivational factor that helps initiate and sustain action toward long-term goals, including the flexible management of obstacles in goal attainment.
- High-hope individuals can conceptualize their goals clearly, establishing goals based on their previous performances. In this way, hopeful individuals have greater control over how they will pursue goals and are intrinsically motivated to find multiple pathways to successful plans.
- Hope is positively related to overall life satisfaction.
- Hope, with its in-built orientation toward the future, motivates individuals to maintain positive involvement regardless of any limitations imposed upon them.

The Power of Hope

- Changing your mindset and shifting expectations...
- Another experience can change your outlook
- There is a light at the end of the tunnel
- Take note of the company you keep

Self-help Tips to improve your mood during recovery

Enjoy yourself

- Doing things that you enjoy is suitable for your emotional well-being.
- Simple activities like watching sports with friends, having a soak in the bath, or meeting up with friends for coffee can improve your day.
- Doing something you're good at, such as cooking or dancing, is an excellent way to enjoy yourself and have a sense of achievement.
- Try to avoid things that seem enjoyable at the time but make you feel worse afterward, such as drinking too much alcohol or eating junk food.

Boost your self-esteem

- Self-esteem is the way you feel about yourself.
- The best way to improve your self-esteem is to treat yourself as you'd treat a valued friend positively but honestly.
- Notice when you're putting yourself down, such as thinking, "You're so stupid for not getting that job," and instead think, "Would I say that to my best friend?". You probably wouldn't.
- Tell yourself something positive: "You're a bright person; you'll get the next job."

Have a healthy lifestyle

- Limit your alcohol intake
- When times are hard, it's tempting to drink alcohol because it "numbs" painful feelings.
- But it can exaggerate some textures and make you feel angry or aggressive. It can also make you feel more depressed.

Choose a well-balanced diet.

- Making healthy choices about your diet can make you feel emotionally stronger. You're doing something positive for yourself, which lifts your self-esteem.
- A good diet helps your brain and body work efficiently, too. Aim to eat a balanced diet that includes all the main food groups.

Do some exercise

- Even moderate exercise releases chemicals in your brain that lift your mood.
- It can help you sleep better, have more energy, and keep your heart healthy.
- Choose an exercise that you enjoy. If it helps, do it with a friend or listen to music. Adults should aim for at least 150 minutes a week.

Get enough sleep

- Around 7 to 8 hours is the average amount of sleep an adult needs for their body and mind to rest fully.
- Writing a "to-do" list for the next day before bed can organize your thoughts and clear

Hold onto Hope even if it doesn't make sense.

- Holding out Hope can remind you of what your goals and dreams are. What are you working towards? What do you hope to accomplish? Reflect on what is genuinely working well in your life.
- Stay self-aware about your emotional, your feeling, these will help you move forward.
- Think back on how much you have overcome in your life. What kept you holding on during those times? What guided you during difficult days? Was it a hope that your strength, courage, or determination would get you through? Who inspires you? Who gives you hope for the future? Who are your role models? What do you appreciate about how they hold Hope?
- Practice pairing if you feel sad yet hopeful or disappointed but still optimistic about how things are going in your life. For example, "I am angered or saddened about this event, but I'm staying hopeful." Or, "This hurts so bad, but I'm hopeful. I'm not going to give up." Having Hope or being hopeful does not mean you deny the harsh reality of the world, only that you are moving through the world with a lens of Hope.

Activity**Hope:**

What is one goal you hope to achieve in the future?

Plan & Action:

What small actions can you take that will start moving you closer toward this goal?

Believe:

Write down three short sentences that will help remind you of your capabilities, for instance, "I am capable and resourceful."

Read a books

Hope Rising

The one Year Book of Hope Devotional

The Prayer Jar Devotional Hope

Exercise

Keep a Hope journal