


*Hope Takes Flight on
World Mental Health Day*

OCTOBER 10, 2020



ILLUMINATE HOPE

Sponsored by  **BAPTIST**



The power of **HOPE**

We believe that **HOPE** structures our lives in anticipation of the future and influences how we feel in the present. **HOPE** creates a positive mood about an expectation, a goal or a future situation that influences our state of mind and can alter our behavior in the present.

Being intentional to maintain **HOPE** helps us recognize that we are adaptable and capable, enabling us to reassure ourselves that we will get through whatever we may be experiencing. Having a powerful and strong **HOPE** that we will adapt provides a limitlessly positive version of the future.



Maintaining HOPE is good for physical and mental wellness. Here are a few ways to sustain HOPE:

CHOOSE TO FORGIVE

Forgiving someone provides a sense of both the willpower and way-power to change. It often reduces depression and anxiety.

IDENTIFY A "HERO OF HOPE"

This could be a family member, friend, mentor, community or spiritual leader or other person who inspires you.

WATCH, READ OR LISTEN TO A MOTIVATIONAL SPEAKER

YouTube, blogs and podcasts are just a few options to find motivation that are endless and readily available.

ENGAGE WITH A RELIGIOUS OR SPIRITUAL COMMUNITY

Draw strength, find peace, and experience elevation of the human spirit.

The Power of Journaling

Journaling is good for our health and helps record memories and find self-expression. There are short- and long-term health benefits of putting pen to paper that include reducing stress, improving immune function, keeping memory sharp, boosting mood, and strengthening emotional functions. Overall, journaling fosters growth and provides HOPE. Below are a few prompts to help you begin journaling.

Write down memories from this week that made you smile that you would have otherwise forgotten.

What opportunities have come your way recently that you are grateful for? How did you open yourself up to those opportunities?

What is something you want to do but have not yet because of fear? How can you overcome the fear?

What is a challenge you have overcome recently that you need to give yourself credit for?

What is something you are involved in that doesn't feel like work? Why is that?

For additional journaling prompts and information on mental wellness, visit mycanopy.org/shinethelight.



A Hopeful Conversation

Having an open, authentic conversation about mental health is a way to connect on a deeper level with someone. These conversations are a way we can be there for the people in our lives, and share experiences and meaningful moments.

TAKE THIS TIME TO SHARE YOUR HOPE WITH EACH OTHER. ALLOW YOURSELF TO BE OPEN, HONEST AND PRESENT. BELOW ARE A FEW QUESTIONS TO HELP YOU GET STARTED:

Imagine that you are with friends ten years from now. Who do you hope will be there? What would you be talking about?

If you could do one thing to make the world a better place, what would it be?

What obstacles or challenges do you see between you and your hopes for the future? What are things you can do now to make it more likely you will overcome those challenges?

Who or what inspires you and why?

Where do you find hope?

IT IS TIME TO LIFT OUR LANTERNS AND ILLUMINATE HOPE.

- 1 Remove lantern(s) and marker from experience box.
- 2 Reflect and choose a word that best describes HOPE. Gently write that word with the marker on your lantern(s). We recommend no more than 2 words per lantern.
- 3 Carefully read and follow the directions on the lantern(s).
- 4 Light and release!
- 5 Capture the moment and share with family and friends.
- 6 Share your experience by connecting with Canopy Children's Solutions on social media using [#IlluminateHope](#) [#CanopyCares](#) [#ShineTheLight](#)

By opening this package and participating in the Illuminate Hope Experience: I ASSUME ALL RISKS INVOLVED WITH THE EXPERIENCE AND EQUIPMENT. See enclosed participant release waiver.



*When you have hope,
you have everything.*



Thank you for shining your light on mental health!



SHINE THE LIGHT

— on Mental Health —

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mycanopy.org/shinethelight