

7 TIPS TO COMMUNICATE OPTIMISM AND HOPE DURING TOUGH TIMES

"Hope unites us as humans during natural disasters, traumatic events, and also in times of celebration and triumph. Hope fuels passion, inner drive, inspiration, and energizes us to push ourselves to new limits."

- Kirsten Guzzi

1

Speak positively - Avoid pessimistic dialogue. The same idea can be expressed very differently which can illicit very different reactions. Speaking positively can reframe a situation to encourage action. Always seek first to understand, then to be understood.

2

Stay calm - In difficult situations, it's easy to become overwhelmed and let our emotions drive our behaviors. Take a deep breath, and allow the gears to start turning. Not only will staying calm boost your optimism, but it will have a contagious effect on those around you.

3

See the possible opportunities - When things change and become difficult, new opportunities arise to grow and start afresh. There is always a positive outcome even from the most negative experiences. Looking for ways to make challenges a learning experience and sharing that with others will breed hope and optimism.

4

Express gratitude - Actively recognizing things you're grateful for and showing appreciation of others has substantial influence. Expressing appreciation, especially when faced with adversity, is motivating. Creating a culture of gratitude allows you and others to focus on the good, building hope for good things to come.

5

Look to the future - See failure as a new start. Remaining hopeful will serve as a reminder to those around you that the light at the end of the tunnel always comes.

6

Celebrate small victories - Celebrating major triumphs is easy, but remembering to celebrate small achievements can be difficult. Recognizing and appreciating the "little wins" fosters an optimistic environment.

7

Focus on what you can control - Under stressful circumstances, remember you cannot change what has already taken place. Dwelling on the past and things that are out of your control hinders productivity. Shifting to a hopeful approach focused on finding positive solutions makes it easier for those around you to do the same.