

The Impact of Hope



Dr. Brenda Caldwell





IMPACT OF HOPE & SELF-CARE

Collective & Personal Power of Hope



Presenter
BRENDA CALDWELL, Ph.D.
C.E.O./Founder of Dr. B Empowerment Services



IMPACT OF IMPARTING HOPE

University of Oklahoma Hope Research
Center-Director, Chan Nellman

1.

What is Hope?

Hope is the belief that your future will be better than your life is today and that you have the power to make it better.

2.

Why is Hope Vital?

Hope is the most essential element that influences the outlook of one's life.

3.

What is the impact of Hope?

Hope is one of the single best predictors of a person's well-being throughout their life span.

Hope is to the body what gas is to a car.

INCREASING HOPE CAN BE MEASURED IN 3 WAYS

1.

Improvement in physical health

2.

Improvement in psychological well-being

3.

Improvement in social well-being

» “

Hope saves lives.



3 COMPONENTS OF HOPE

Hope goes beyond optimism because it involves taking action.

1.

A Goal

- » An idea of the future or a desired result of an effort to achieve.
- » A goal is the cornerstone of our ability to have hope.

2.

A Pathway

An ability to identify a route to take to achieve a desired goal.

3.

Motivation

The mental energy needed to pursue the pathway to a goal. Motivation is the internal energy that drives a person to take action.

What is the difference between wishing and hoping?

ONE TEAM, ONE HEART, UNIFIED TO IMPACT LIVES

Hope Restoration Specialists who specialize in:

1. Reaching out
2. Restoring Hope
3. Reclaiming Lives

As Hope Restoration Specialists, we give oxygen to
those who need to believe life will get better.



How Hope Supports Self-Care

Hope is the force that helps you stay the course.

1.

Hope is an Inner Anchor

- » Hope sustains your mental and emotional well-being. When you have hope,, you're more likely to engage in self-care because you see the benefit.

2.

Hope is a Motivator

Hope encourages you to keep going and to take breaks or to engage in activities that recharge you. It acts as a gentle reminder that caring for yourself is not just a luxury but a necessity.

3.

Hope is Resilience

Hope nurtures resilience., helping you bounce back from challenges. It you that self-care is essential to stay strong and keep moving forward, knowing that there is something hopeful on the horizon.

Hope supports self-care through the power of self-talk.

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