

Tip sheet

Keeping hope

Today's world is often overwhelming, making us feel down or uncertain about the future. Please give these practical tips a try.



Holding onto hope

Limit news consumption

Stay informed but avoid constant exposure to distressing news. Set specific times for checking updates and do your best to avoid doomscrolling.

Practice self-care

Ensure that you're eating well, exercising and getting enough sleep. Physical wellbeing supports mental health and a positive outlook.

Connect with others

Join groups with similar interests or values and a positive outlook. Spend time with friends and family.

Engage in positive actions

Volunteer your time and energy, donate or participate in community activities. Contributing to positive change can boost your sense of hope for the wider world.

Create a 'hope kit'

Having a collection of inspiring photos, music, keepsakes and mindfulness routines on standby can be a great boost when you need it most.

Spend time on hobbies

Prioritise hobbies or activities that bring you joy and relaxation, helping to lift your spirits and keep you hopeful.

Practise gratitude

Reflect on things you are grateful for daily. This practice can shift your focus from what's wrong to what's right in your life.

Embrace your spirituality

Faith can provide great comfort, hope and a reminder that you are loved, protected and that everything will be all right.

Seek professional help

Please don't hesitate to reach out to a therapist or counsellor. Professional guidance can offer new perspectives and coping strategies.

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