

Hi All JHCS Families,

I hope you were able to take time with family and rejuvenate during the holidays. Wow 2020 was a year for sure. Talking to many people the common thread I found was they had hope for 2021. The idea of hope looks different for each person. I decided to read the definition of hope and it says, "a feeling of expectation and desire for a certain thing to happen, a feeling of trust, and want something to happen."

I was reading an article in USA Today and while it was not a scholarly article I found the fundamentals to be helpful. I have included some of the main quotes from the article and hope you will take the time to read it:

"Hope is how we can think about our goals for the future, the extent that we can identify pathways or strategies to achieve those goals and then maintaining the motivation or the agency to kind of keep working towards those goals, even in the face of obstacles or setbacks."

"Hope brings oxygen into our consciousness."

"If we generate hope, then we are motivated. We're motivated to act because we feel that there's a possibility that the outcome that we want might happen. If we don't have hope, where do we find motivation?"

"When there are so many things we can't fully control, hope becomes an issue."

"Most people think about it ... like the sprinkles on an ice cream, it's great if it's there, but I think it's actually fundamental to our basic wellbeing,"

Article: Why is it important to have hope.

<https://www.usatoday.com/story/news/nation/2020/10/10/hope-essential-mental-health-and-well-being-psychologists-say/5942107002/>

As we look forward to the future may we do so with hope. Happy New Year and a hopeful 2021.

Hopeful Wishes,
Sam Grabert

More Resources:

Why is hope so important: <https://hopegrows.net/news/why-is-hope-so-important#:~:text=To%20have%20hope%20is%20to,steps%20to%20make%20it%20happen.&text=Everyone%20hopes%20for%20something>.

Why hope matters:

<https://www.psychologytoday.com/us/blog/imperfect-spirituality/201902/why-hope-matters>

The health benefits of hope:

<https://www.psychologytoday.com/us/blog/friendship-20/202003/the-health-benefits-hope>

Hope is the most powerful force in the world

<https://www.youtube.com/watch?v=i63givEPq7E>

TED Talk -Kindness:

https://www.youtube.com/watch?v=yn9VxUPIC5g&feature=emb_logo