Wellbeing Waterloo Region

Finding Hope Movement

http://www.wellbeingwaterloo.ca/blog/finding-hope/

"Every storm runs out of rain."

Maya Angelou

Humans were built to *hope*. It helps us define our future. To have hope is to want an outcome that makes your life better in some way. Hope can not only make a difficult situation more bearable but it can also eventually improve your life - envisioning a better future motivates you to take the steps you need to make it happen. And just imagining something hopeful can give us a moment of happiness.

One of the things that works against us as we try to function during uncertain times is that we are hard wired for negativity. Our brains are always scanning for danger and media/social media is designed to feed the fear. Negativity is a social contagion - but so is *hope*. One of the ways we find hope in the darkness is by focusing on the light.

By reinforcing that we are all in this together, highlighting what we've done well, what has gone right, we can help people find hope. **Finding Hope** is a movement that focuses positive energy on recognition, encouragement and inspiration. We also provide resources and reference local services if you are having trouble finding hope.

Here's your call to action:

We are a small but mighty team that have started the movement and we need you to **provide the spark** to light it so it spreads.

- Tell others about the **Finding Hope Movement**, **share** it on social media, at your work, in your community and with your family.
- Actively **engage** with our social media: *like, comment & share everyday*.
- You'll find plenty of resources, ideas, stories and supports on our webpage.
- Feel free to **download** them and **make them your own**.
- Find your *hope*, then snap a **picture, write** a story or even create a quick **video**.
- **Post** it on social media, share it on your website, tell others about it
- (be sure to **tag us** so we see it too)

    @wellbeingWR   #findinghopemovement   #findinghopeWWR

Getting started:

- Check in with yourself. How are you feeling?

- Already hopeful? Share the love.
  - Tell others. In person. At work. Online.
  - Snap a picture, write about it, shoot a video, then share it & tag us (we'll follow you back we promise AND we'll amplify your posts by liking it and reposting it)

- Not so hopeful?
  - Reach out for help - find supports and resources in our community on our webpage under 'Supports', or consider upcoming webinars and events by WWR and our member organizations (find them on http://www.wellbeingwaterloo.ca/blog/
  - Take a break from the negativity of news and media.
  - Turn off social media for a time or lessen time spent scrolling.
  - Unfollow the negative or decrease its presence by not liking or sharing it.

- Increase you awareness of positivity and *hope*
  - Follow us @wellbeingWR on FB, Insta & Twitter
  - Like, comment, share our posts - that way you'll see more of the good stuff, and raise the amount of positive in your newsfeeds
  - Follow hashtags #findinghopemovement #BeKindWR #strongertogetherwr to have hope and kindness regularly appear in your newsfeed, with stories that increase your sense of hope and optimism
  - You will change your newsfeed algorithm to lessen the bad and highlight the good

- Commit to action. Any action.
  - Small acts of kindness increase your own sense of *hope* and wellbeing.
  - Role model it for others.
  - Acknowledge when and where you find it.
  - Raise your voice and tell others about the movement and where you found *hope* Tell them at your work, where you volunteer, in your neighbourhood, with your faith group, in your family
  - Don't wait for anyone to tell your story for you - tell the world and we'll be watching, ready to share your story and amplify it's impact

- Listen for and support the actions of others. Share the good you see. Celebrate it. Draw attention to the good stuff.

- Don't forget to remember stories of resilience too. Your own. Your communities. In the greater world. Remind others to think about them too. Don't forget to share and tag us.

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