



Feel-Good Friday

Like a garden or a campfire, hope can grow or shrink through the actions you take in tending to it. To plant a seed of hope or fan the flame of hope, try one of the following tips today:

- Search for “good news” or “positive news” in your web browser and read a story or two.
- When the sun is shining through the clouds, go outside for a brief walk and notice the beauty in nature.
- Call a friend to say you are thinking about a good time you had together or about how supportive that friend is to you.
- Affirm your efforts by acknowledging a small success you have had today – even if it is part of your regular routine – because on challenging days, simply doing ordinary activities requires extraordinary effort.
- Do an act of kindness for yourself or for someone else who could use a boost of hope.
- Reach out to someone you trust (a friend, a family member, a counselor, a doctor, or a member of your faith community) and experience support as you talk about your current thoughts and feelings.

For an added boost, share your experience of hope with someone else and invite others to spread hope.

You Can Nurture Hope

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org