

SURVIVING AND THRIVING FACTS

Life Issues

- **Mental Health and Hope:** In addition to improving overall mental health, hope can help heal certain conditions such as suicidal ideation, depression, anxiety, trauma, and other severe mental illness.
- **Hope in Pre-Term Delivery:** In the United States, 1 in 10 babies are born premature; less than 37 weeks of pregnancy. Due to advances in medical technology, preemies born as early as 22 weeks have a 10% chance of survival.
- **Hope in Illness:** Hope facilitates coping, speeds recovery, enhances wellbeing, improves self-esteem, aids in purpose and meaning, and is an important for building resilience.
- **Rejoicing in Good Times/God's Gifts:** Practicing gratitude, like writing thank you letters and engaging in "pay-it-forward" tasks, reduces toxic negative emotions and improves brain activity in areas of learning and decision making.

*"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."
(Jeremiah 29:11)*

Our Christian Response

- **Focus on Strengths**
 - Building relationship bonds
 - Improve resilience
 - Identify individual strengths
- **Attitude of Gratitude**
 - Show others your appreciation
 - Offer prayers of thanksgiving
 - Acknowledge blessings from the Lord
- **Hopeful Thinking**
 - Reframe negative thoughts
 - Envision solutions
 - Hang out with optimistic and hopeful people



"Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you." (Psalm 71:6)