

# Simple Techniques to Stay Hopeful

Even though you are faced with multiple concerns in your life, there is always a reason to stay positive.

Enriching your spirituality can help strengthen your resilience against life's unending challenges and helps you find hope and courage to move forward.

Here are some coping mechanisms to aid you when you feel like being overcome by despair.



## Stay calm

Take a second to calm down and assess all angles of the situation. Keep the panic at bay and refrain from imagining the worst. Relax and breathe deeply to calm down before moving forward.



## Take things one step at a time

Do not get overwhelmed. Think about the simplest thing you can do and start small towards the direction you want.



## Pray

Share your burdens with a Higher Power. Seek strength from the Almighty. Articulating your concerns with God can ease your worries.



## Stop the negativity

While challenges have a tendency to bog you down, let go of feelings of resentment, loss, and fear. Instead, rechannel your energies towards the direction you envision.



## Find strength from others

Do not carry the burden by yourself. Seek support from friends and family to lighten your load. Even when you feel like faltering, the comfort you get from others will encourage you to go on.

