

The Importance of HOPE in Behavioral Wellness

by Sue Garcia, LPC



Have you ever thought about what role **Hope** has in our lives? Is it just another word to describe an emotion or feeling? Why is it important and what does it mean, especially during difficult times in life?

What we know for certain is that when we feel **hopeless**, we lose the motivation to do what we need to live. In it's extreme, it is like being in a deep, dark, empty place, with nothing to grab onto or no energy to climb out. It can become a life-threatening depression.

Hope is critical in life. It can help make a tough, present situation more bearable. Everyone hopes for something. It is an inherent part of being human. As humans, we have basic instincts for food, water, shelter, and community. We also have a brain that loves to predict the future to help us survive and thrive. When we think we are unable to have hope for our basic needs or for our future, we feel hopeless.

Hope is a desire for certain things to happen or change for the better. It is a huge incentive that helps us to think, see, or feel something for our future. It can be a relief from hopelessness and motivation to take steps forward. It is the light that reveals those steps to ultimately help us find the way out, one step at a time. Being able to envision a step or pathway forward, can motivate us to continue to take the steps necessary to make it happen. It can generate inspiration and imagination. As long as we are taking steps forward, we will find our way out.

Hope also has its negative side. To hope for something that is not within our control is not healthy or helpful. To hope that everyone will like us, or to hope that someone we know will change and become who or what we want them to be, will not get us where we hope to go.

The gentler aspect of hope is to experience a pathway that helps us create focus and goals that guide us toward action steps to promote movement. When there is doubt, hope can offer confidence. It can bring joy and peace amid turmoil. Instead of the temptation to quit, it can provide patience and persistence. It can offer strength and courage instead of fear.

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Please enjoy these Hopeful quotes:

- **We would accomplish many more things if we did not think of them as impossible** (Vince Lombardi)
- **I can't change the direction of the wind, but I can adjust my sails to always reach my destination** (Jimmy Dean)
- **Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit** (Norman Vincent Peale)
- **Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all** (Dale Carnegie)
- **There are no hopeless situations, only people who are hopeless about them** (Dinah Shore)
- **Hope itself is like a star — not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity** (Charles Haddon Spurgeon)
- **We must accept finite disappointment, but never lose infinite hope** (Martin Luther King, Jr.)
- **Learn from Yesterday, Live for Today, and Hope for Tomorrow. The important thing is not to stop questioning** (Albert Einstein)
- **Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature** (Steve Maraboli)
- **Let your hopes, not your hurts, shape your future** (Robert H. Schuller)
- **Hope is the companion of power, and mother of success; for who so hopes strongly has within him the gift of miracles** (Samuel Smiles)
- **What we call our despair is often only the painful eagerness of unfed hope** (George Eliot)
- **In joined hands there is still some token of hope, in the clinched fist none** (Victor Hugo)
- **Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today** (Thich Nhat Hanh)
- **Courage is like love; it must have hope for nourishment** (Napoleon Bonaparte)
- **Hope is being able to see that there is light despite all of the darkness** (Desmond Tutu).

Hope greatly promotes Behavioral Wellness. It is a human emotion that supports the basic belief that at the core of our being we are all resilient and can overcome challenges by taking an active role to persevere and move through these challenges, against all odds. One of the most valuable strengths in life is being hopeful. At Profile EAP we look for the opportunity to offer hope to all of you that call us in times of need.

For more information or to schedule an appointment, call Profile EAP at **1-800-645-6571**.

Profile EAP



1-800-645-6571

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