

JANUARY NEWSLETTER

Start 2018 with Optimism..



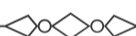
STRATEGIES TO ENHANCE HOPE

Hope is a fascinating character strength which we can all cultivate. Science indicates that those that are more hopeful have better academic outcomes and less depression and anxiety.

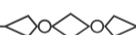
Hope consists of two constructs: agency - the belief and motivation that you can do it; and pathways - goals and alternative plans to achieve outcomes.

So how can we influence our pathways and agency?

1. Set [SMART goals](#)
2. Understand that there is more than one way to achieve a goal
3. Develop a [Growth Mindset](#) - an understanding that in order to learn we require: mistakes, perseverance, practice, and helpful self talk.
4. Be kind to yourself - we all make mistakes
5. Practice [Mindfulness](#) - pause and notice how you are feeling, label it and let it go. Take some deep breaths and replace unhelpful thoughts with helpful thoughts.



Did you know that **MARCH 20th** is **INTERNATIONAL HAPPINESS DAY**? Start thinking about what your school could do to celebrate. Maybe your SRC can brainstorm ideas. What character strengths could you focus on? Do you want to create a [Wall of Happiness](#) or perform other [acts of kindness](#)?



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Warmest wishes,
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