

# The Impact of Hope Rising on... Mental Health



## FACT

### **HOPE IS THE SINGLE BEST PREDICTOR OF MENTAL WELL-BEING.**

#### **Regardless of age, individuals with high hope levels demonstrate:**

- Superior adaptability & adjustment to life experiences/crises
- Increased ability to self-regulate emotions, thoughts & behaviors
- Reduced depression
- Improved social relationships
- Higher engagement in healthy behaviors
- Lower incidence of alcohol & substance abuse
- Reduced suicidal ideation & risk

## FACT

### **HOPE IS CRITICAL IN RECOVERY FROM SHORT- AND LONG-TERM MENTAL ILLNESS.**

#### **Mental health patients who learn & apply the science of hope...**

- Are less likely to experience anxiety or engage in negative thinking
- Show fewer depressive symptoms when experiencing negative life events
- Experience stronger recovery from trauma/adverse experiences
- Can better navigate life with issues like bipolar disorder, depression & schizophrenia
- Are able to make psychological adjustments, demonstrate positive coping & manage difficulties

## FACT

### **HOPE CAN BE TAUGHT!**

Numerous studies show that hope can be successfully taught and increased among mental health patients. **Hope Rising Oklahoma** equips mental health professionals to improve outcomes through hope-centered interventions and practices.

