



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Hope Theory

The role of hope in resilience has been researched extensively. Hope Theory posits that building a hopeful outlook has tangible benefits on life quality and resilience, as well as helping reach long term goals. Having a hopeful outlook has shown to increase flexibility in problem solving, positive regard towards self and others, and even to increase self esteem; all of which in turn helps build a more meaningful and fulfilling life (Ciarrochi, Parker, Kashdan, C.L. Heaven & Emma Barkus, 2015).



Helpful tips to cultivate a hopeful outlook:

- Cultivate self awareness and self acceptance. Look at the progress you've made already as reason you will make continued progress.
- Connect with others. Spending time with people you care about can be a source of continued support and hope.
- Create meaning. Meaningful activities can be anything that aligns with your values and goals, taking time to seek them out can create a strong sense of purpose and hope.

SPARCS (DeRosa et al. 2006)