



# Building HOPE in the Face of Adversity

The Covid-19 pandemic has disrupted the lives of both adults and children. Children will remember these days for the rest of their lives and will carry the effects of their positive and negative experiences with them. During webinars, workshops, and interviews with guest experts, we have heard stories of inspiration and resilience. Some families are spending more time together than ever, bolstering close relationships. Some individuals have found ways to maintain social contact with friends and loved ones, despite social distance. Community members are reaching out to support each other and advocate for systemic support. Now, more than ever, it is important to identify and cultivate HOPE and the Four Building Blocks of HOPE in our lives. For many of us, this requires a change in mindset. Our training and experience have made it easier for us to see risks over protective factors. Healthy Outcomes from Positive Experiences (HOPE), however, focus on the positive, and how Positive Childhood Experiences shape health, and the developing brain.

Below are some suggestions for retraining our brains to more easily see protective factors, by bringing the principles of HOPE into our practices of self-care.



Be mindful and positive.

Kids playing. Adults holding hands. How people you encounter make the best of challenging situations.



See and hear beauty.

Find time for nature. Read poetry. Listen to music.



Daily practice. Keep a journal or meditate.

Learning something new takes practice, repetition, and reflection.



Share stories of HOPE and inspiration.

Have you seen or experienced something inspiring?  
Talk about it. Inspiring stories help all of us.



Practice HOPE

Learn to practice HOPE in your own life. For inspiration, read personal and professional stories of HOPE during, and before, the COVID-19 pandemic on our [Stories of HOPE](#) page. Share your own story of how you build HOPE in your life [here](#)!

To learn more about HOPE, the Four Building Blocks of HOPE, and more: visit [positiveexperience.org](https://positiveexperience.org) or email [HOPE@tuftsmedicalcenter.org](mailto:HOPE@tuftsmedicalcenter.org).