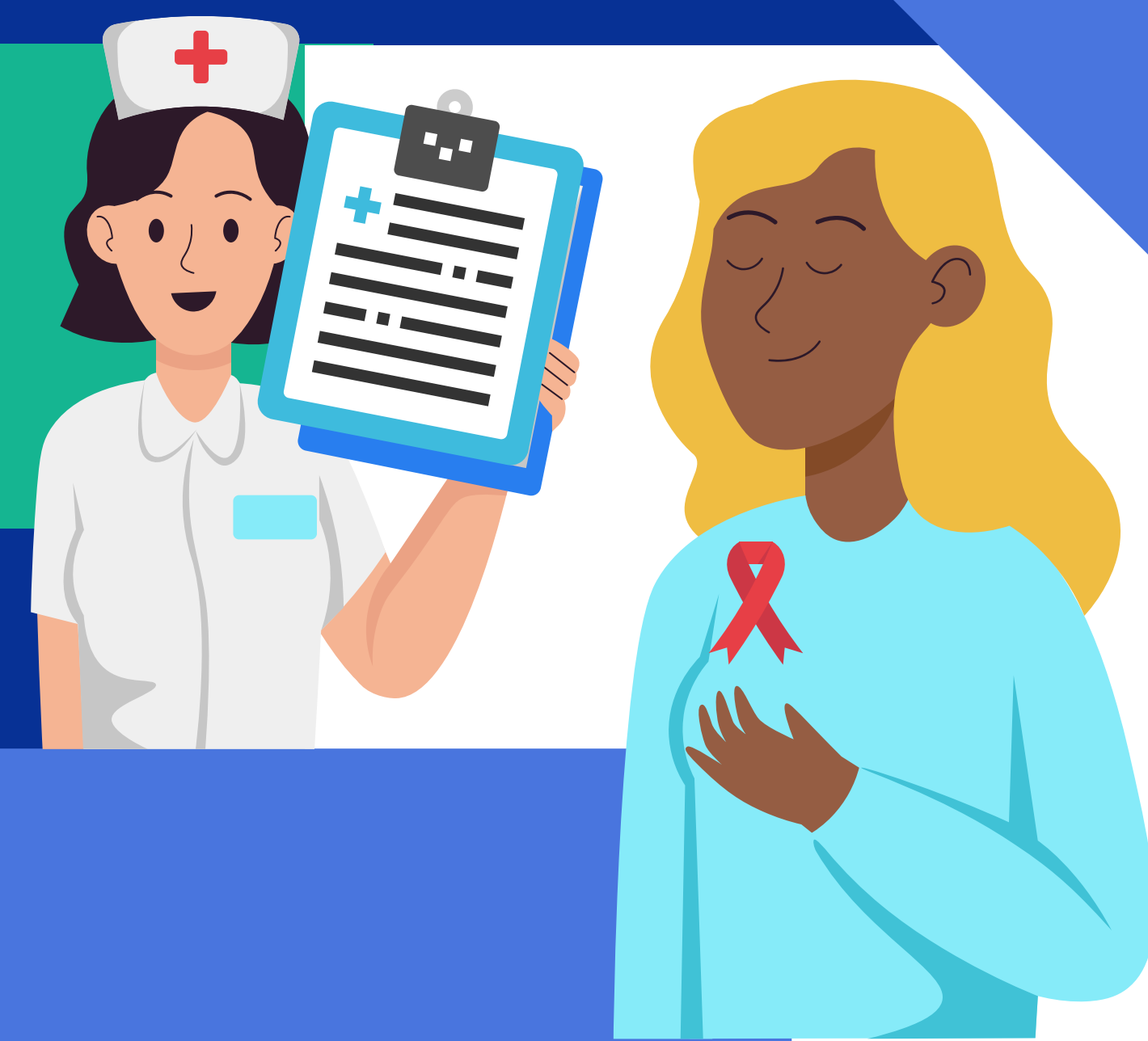


# Just as... I Am surviving and thriving

Life Week  
2024

## Life Issues



### Mental health and hope

In addition to improving overall mental health, hope can help heal certain conditions such as suicidal ideation, depression, anxiety, trauma, and other severe mental illnesses.

### Hope in pre-term delivery

In the United States, 1 in 10 babies are born premature; less than 37 weeks of pregnancy. Due to advances in medical technology, premies born as early as 22 weeks have a 10% chance of survival.

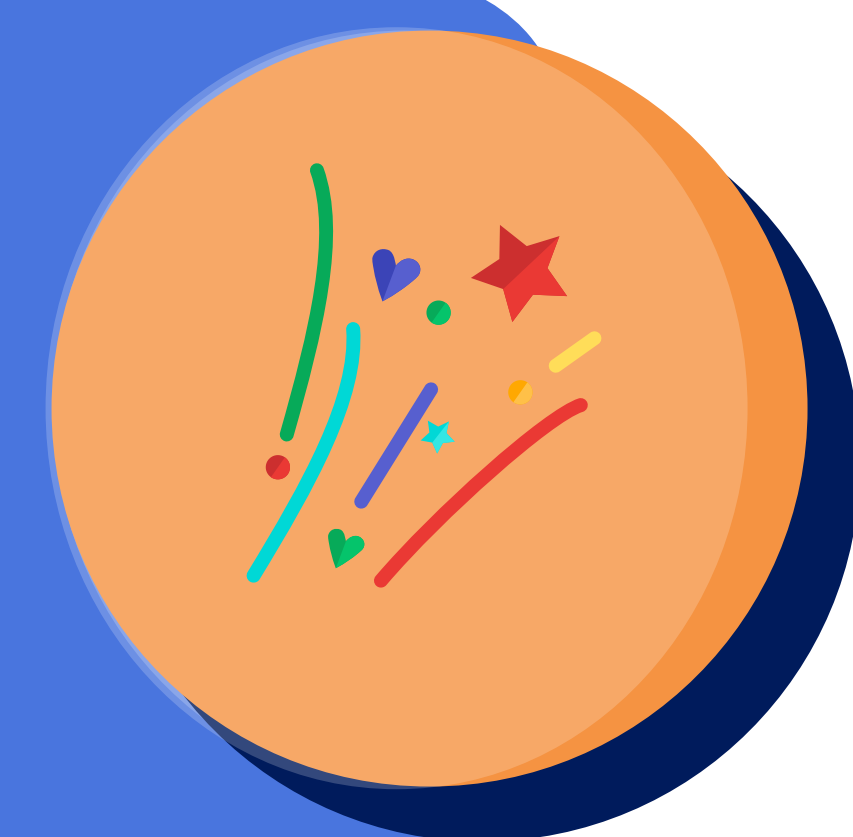


### Hope in illness

Hope facilitates coping, speeds recovery, enhances wellbeing, improves self-esteem, aids in purpose and meaning making, and is an important factor for building resilience.

### Rejoicing in good times/God's gifts

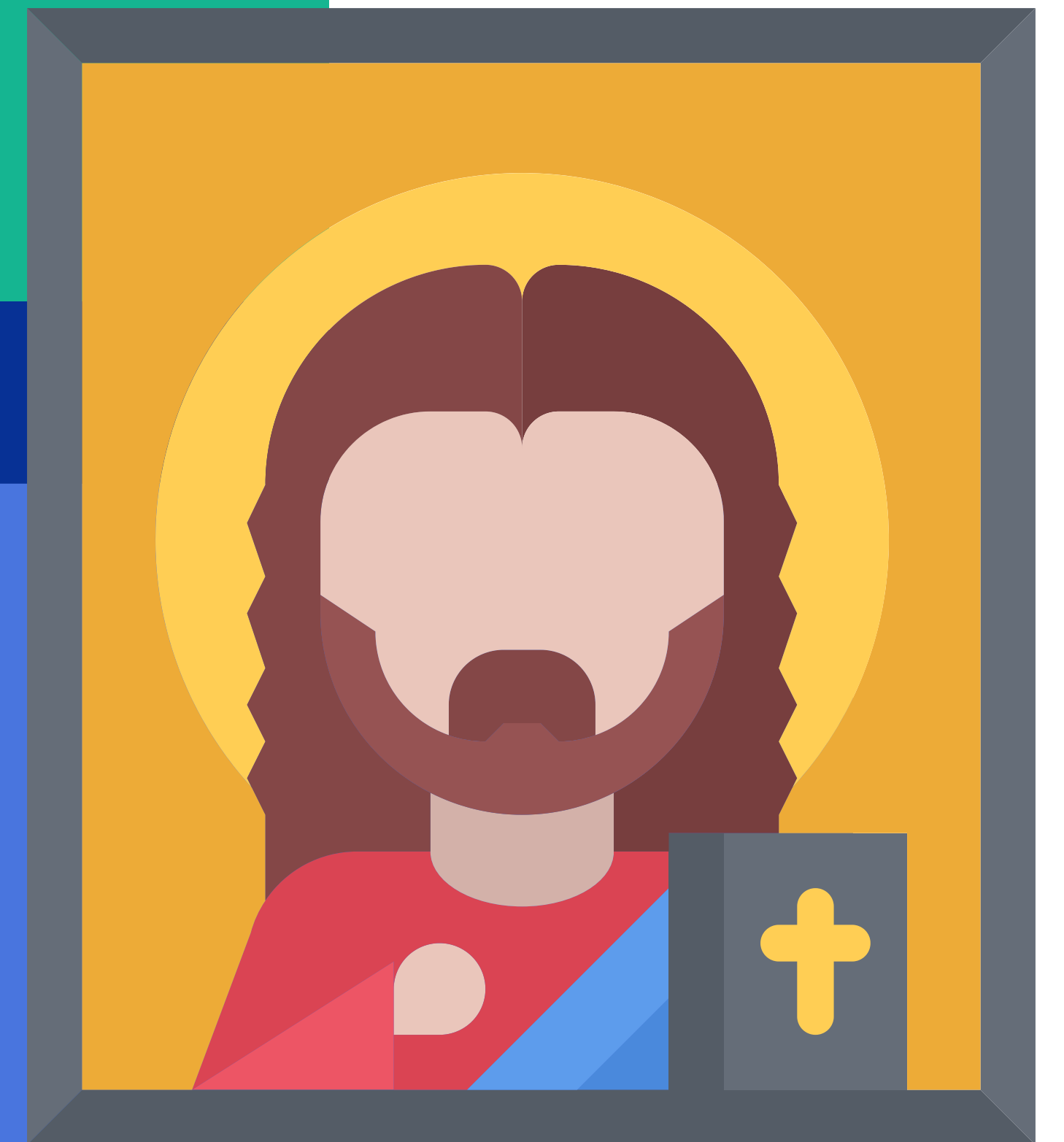
Practicing gratitude, like writing thank you letters and engaging in "pay-it-forward" tasks, reduces toxic negative emotions and improves brain activity in areas of learning and decision making.



# His Word



"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope." (Jeremiah 29:11)



# Our Christian Response



## Focus on strengths

- Build relationship bonds.
- Improve resilience.
- Identify individual strengths.



## Attitude of gratitude

- Show others your appreciation.
- Offer prayers of thanksgiving.
- Acknowledge blessings from the Lord.



## Hopeful thinking

- Reframe negative thoughts.
- Envision solutions.
- Hang out with optimistic and hopeful people.