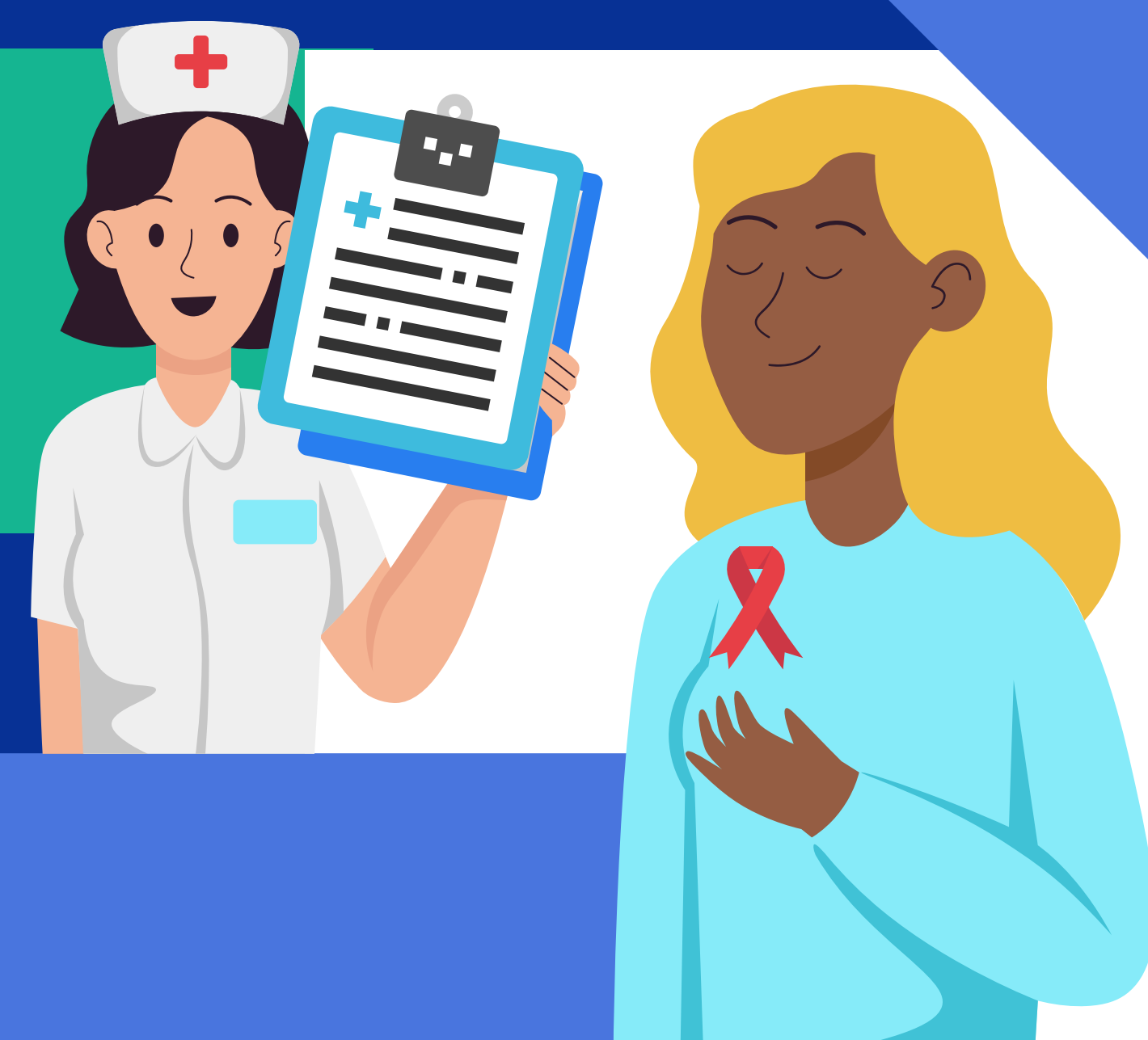


Just as... I Am surviving and thriving

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

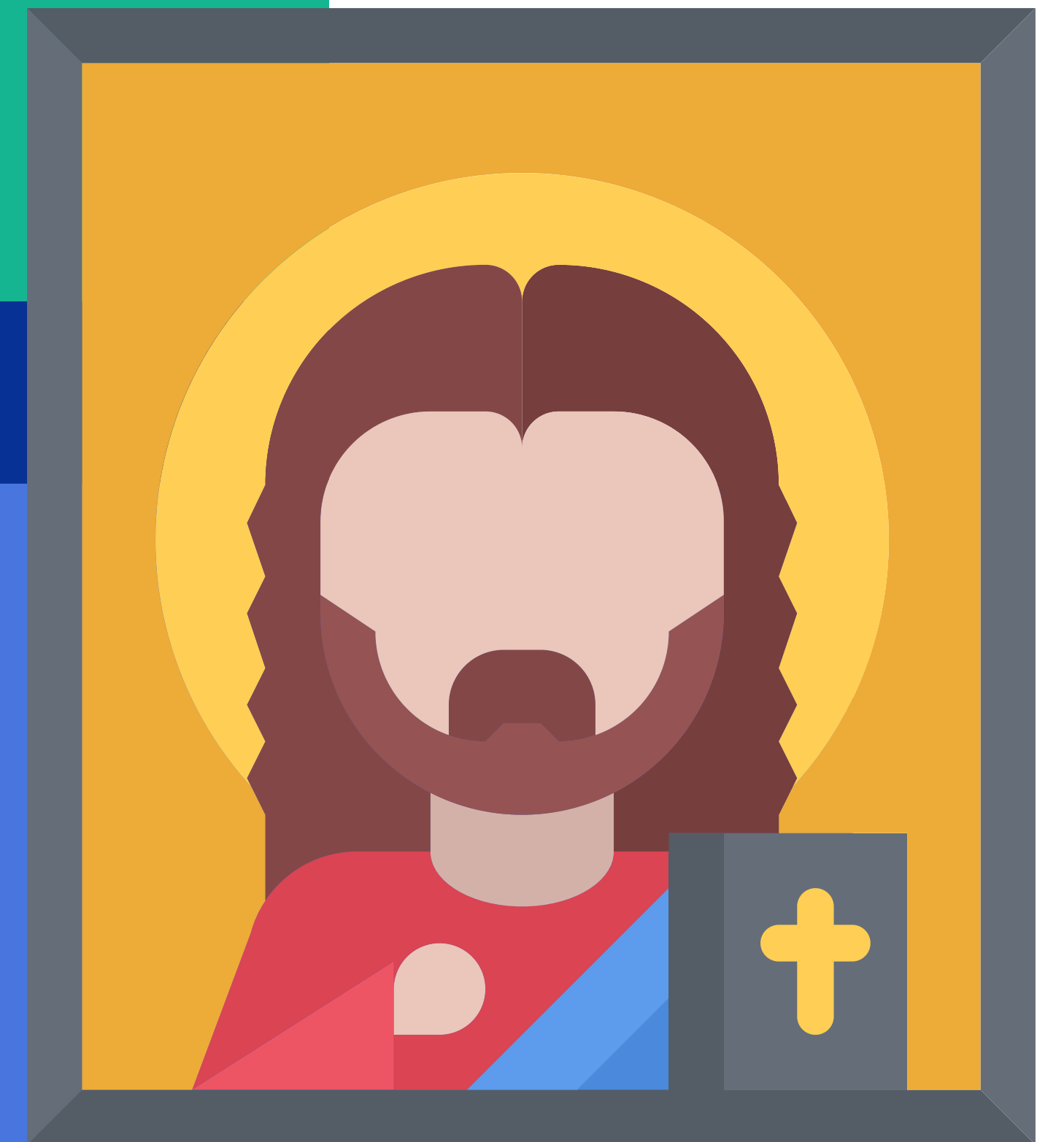
Practicing gratitude, like writing thank you letters and engaging in "pay-it-forward" tasks, reduces toxic negative emotions and improves brain activity in areas of learning and decision making.



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.