



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

## **Hope is Key to Mental Wellness**

Sterling, Colo. – May 6, 2021: Politics, COVID-19 and life itself have created ongoing stress for most of us. While each person's situation is unique, many are facing similar worries and challenges. We still don't know exactly what to expect as we move forward, but there is hope of a better future.

Managing our expectations and allowing for flexibility continues to be important. Often we have expectations of ourselves and others. Give yourself and others grace. Our plans may need to be modified to ensure they are realistic and achievable. We cannot always control what happens, but we can change how we react to it.

Recently, there have also been triumphs that give us hope for the future. For example, the Food and Drug Administration (FDA) has approved three COVID-19 vaccines. The vaccines are currently being distributed in our communities

and they point to a time in the future when the pandemic will be behind us.

There's cause for hope!

Hope helps us manage stress and cope with adversity. In order to have hope, however, we have to feel a sense of meaning in our lives and a positive vision for the future.

Staying hopeful may take a bit of practice, but it is an important component of our resilience. It helps put things into perspective and reminds us that tough times don't last. When we focus on the positives around us, the negatives don't feel as overwhelming. Hope pushes us forward during our toughest challenges.

Take life one day at a time and give yourself some grace. Finding times to smile and laugh will keep you going and it is in those moments that hope flourishes. Caring for yourself and doing nice things for yourself can help as well. Plan activities you enjoy.

Finally, prioritize relationships. Lean on your social network for support if you need it. Your friends and family may need some help from you as well so be sure to offer them support in return.

Remember that if you find yourself experiencing sadness or anxiety for an extended period of time, ask for help. Talk to your primary care provider or a mental health professional for additional information and assistance. Support

groups, faith communities and peer counselors can also be beneficial. To learn more about resources available in northeast Colorado you can go to

<https://www.nchd.org/behavioralhealth>.

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