

An illustration of two hands, one larger and one smaller, holding a globe. The hands are rendered in shades of blue and green with black outlines. The globe is also in shades of blue and green. The background consists of abstract, overlapping geometric shapes in various shades of blue and green.

**POST-TRAUMATIC
GROWTH:
HOMEWORK**

SIMPLE ACTIONS: RESILIENCE



Activity 1:

Spend the next five-seven minutes writing down examples (as many as you can) of things you weren't doing that well at the beginning of the pandemic, but now seem to be managing. Is there anything you are surprisingly excelling at?

COMPLEX BENEFIT – RESILIENCE

When we reflect, especially in writing, back to times when we accomplished even small goals amidst adversity, our brains will lean on that memory when faced with stress in the future. These resiliency skills we're building up and working out over time show up when we really need it.



SIMPLE ACTIONS – HOPE

Activity 1:

Take the next ten minutes to write down a goal that you'd like to achieve and apply hope theory to it.

1. Name your goal.
2. Write down two different plans to achieve it.
3. What tools/resources do you need to achieve your goal.
4. Name some barriers that you will need to overcome during the process and add that to your plan.

COMPLEX BENEFIT – HOPE

Before we even start to apply hope theory to a goal-setting practice, just the act of writing it down makes us 50% more likely to achieve it. In one research study of over 6000 students, a 12-question hope theory survey was a better predictor for whether a student graduated over any other standardized measure including; ACTs, SATs, LSATs and MCATs. Hope is critical for overcoming adversity and reaching goals during times of stress.