

**Tips: How to foster compassionate grit and a “growth mindset” during this challenging time and lean toward “learned hopefulness”.**

1. Help them identify how to express their feelings and fears
  - How does the person communicate their feelings?
  - Do those supporting them understand this?
  - Help them to listen and know its ok to share
  - Avoid overly cheery or optimistic comments that are not rooted in truth

Then shift to #2 below

2. Help the individual (family/staff) develop plans related to the areas of struggle for them  
“If \_\_\_\_\_ happens, then I will \_\_\_\_\_”  
Ex:  
If I get anxious, then I will (do a mindfulness exercise; do some yoga stretches, take a walk)  
If I feel helpless or worried, then I will call (mom, dad, etc) to check on them  
If I feel helpless, then I will find a way to help someone today  
If I feel sad, I will watch a funny show or talk with someone about a funny story/event  
If I Feel angry, I will take a walk
3. Help people identify their strengths and find ideas about how to use them during this time and help them set small goals each day; Ex:  
I will call mom today  
I will read a book/draw today  
I will go for a 20-minute walk  
I will get some take out  
I will write my friend a letter  
I will help around the home
4. Guide them to practice gratitude multiple times each day (verbally, in writing, drawing, etc)
  - Set focused gratitude exercises
  - Share positive stories about what is going on with them and encourage them to do that as well
  - Spend time each day specifically looking for an SAVORING the good, beautiful things you do see  
[note – this is not aimed at negating or minimizing emotions or challenges, but to find small opportunities to see positives and find hope for the present and future]
5. Recalibrate life goals you had for this year (this resets motivation and thus positively affects “hope”); Ex:  
There may need to be discussion about living situation both temporary and longer term  
Every challenge presents opportunities and there may be new ones to explore; volunteer options will be available to help others and may lead to employment options and new connections; there may be opportunities to learn new skills
6. Practice self-care and wellness (this is intentional “alone” time) – meditation, reading, music, etc  
The EW Guide provides some tips in this area.

## Learned Hopefulness “Game Plan” for Today

*The purpose of this plan is to support me to have a positive day during a time of crisis. This plan takes the place of my daily life plan when I am in a time of crisis and guides what support I need from you EACH DAY during this time so I can develop “grit” and “learned hopefulness”. My Emotional Wellness Guide, Community Support Plan and Crisis Prevention Plan provide broader overview of ALL the things across my life that are important and tips for what MAY come up in a day; this plan is so you can help me with TODAY and what of all those things I WANT to do today or I NEED help with today.*

**Name:**

**Address:**

**Phone #:**

**DOB:**

**Date:**

<i>Checking my emotions/feelings</i>	
Talk with me about how I am feeling today	<i>Help me write/express my feelings/emotions: (It is ok for me to not feel good all the time, I need you to help me share my feelings and remind me that it is ok and safe to do that with you)</i>
Help me identify small signs/triggers that might worsen any negative feelings/emotions I am struggling with	<i>Help me think about and write down the things we need to remember today and how you can remind me in a way I can hear if we see these things:</i>
<i>Changing the Channel</i>	
Help me identify what I can do today to positively address any feelings/emotions I am struggling with	<i>Use If_____, then _____ statement to help me know what I can do if I am struggling with any feelings/emotions today:</i>
<i>Mini Gratitude Moments</i>	
Even though things are hard right now, help me see at least 1 small thing that I am grateful for	<i>Help me write/express at least 1 thing:</i>
<i>Setting Small Goals for Today</i>	
Help me identify at least 1 strength I can use today	<i>Help me write/express how I can use my strength:</i>
These are the things I want to do today to stay “well”	<i>Help me look at my Emotional Wellness Guide and pick the things I want to do today: (There are many things/activities/people/etc that help me live a “well” life, but each day which ones I want to do will be different so check with me to see what matters most to me today)</i>  <i>Here is what I need you to do to support me to do those things today:</i>
These are the people it is MOST important for me to connect with today	<i>Who do I want to connect with?</i>  <i>How do I connect with them?</i>
Help me identify at least 1 small thing I want to do today	<i>This can be one small thing I can feel I “accomplished” today (It should not be avoiding something negative or troubling, but a positive activity or small tasks I can do that matters to me)</i>  <i>If I am struggling with any bigger goals that matter to me, help me see how these small things still help me move forward and help me think about how I might need to change my bigger goals so I don’t lose them even though I am</i>

	<i>struggling (I might need to think about a longer time to achieve a goal, or learn a new skill to apply to achieving it, etc)</i>
<i>Celebrating Today</i>	
As we end our day, let's talk about what went really well today	<i>Help me write/express the two things I have identified:</i>
Help me to celebrate these things	<i>Write down so we can remember and share with others who may support me what works:</i>
Help me think about what we learned today	<i>What new things did I learn that help me when I am struggling:  What new things did I learn about the activities that make me feel best when I am struggling:</i>