

## Hope Carries Us Through

### *By the Hope Foundation of Alberta*

Hope plays an important role in our lives. Research shows that hopeful people tend to have more success and more satisfaction with life. They cope better with adversity.



Cheryl Taylor  
NABIS, Dec  
2005

**Cheryl Taylor**, formerly on staff at NABIS, is now a Board member for the Hope Foundation, a centre for hope studies that also provides counseling. She sees hope as something that is both practical and important. She says, "Hope is important. It carried me through so many things after my brain injury. Other people carried the hope for me when I couldn't carry it for myself."

The Hope Foundation's work focuses on finding ways to carry the hope during difficult times. It is a gathering place for people all over the world who are interested in developing knowledge about hope. It is known for its practical approach. Since hope involves the interaction of thinking, feeling, acting and relating, there are many strategies that can help people be more hopeful.

Most of us can think of somebody who related to us in a hopeful way at a time when we needed hope. Hope is highly contagious. It spreads very quickly when you spend time with others who have hope. Over the years the Hope Foundation has heard many stories from people with brain injuries about the family, friends and professionals who carried their hope when they could not. These tend to be stories about people who spoke reassuringly to them, people who

showed kindness and respect. We can share hope by saying simple things like, "It will be all right," or, "I'll be here to help you," or, "We will take it one day at a time."

Hope is a good feeling, a little like joy, a little like excitement. Sometimes we accidentally take away hope by trying to be realistic. This is an unfortunate mistake, because hope is the very thing that people need when they face a scary and uncertain future. It is easy to fall into the trap of thinking that we have to choose between being hopeful and being realistic. But this is a choice we don't have to make because we can always be hopeful first and realistic later.

Hopeful thinking can make hard times a little easier. Often our hopes are much bigger than our goals. In the period of recovery after an injury, we may hope to go back to work some day. We cannot tell exactly what will happen, since nobody really knows if this is possible. In the meantime, it is extremely helpful to keep that hope in place while we set small goals, like regaining language, or even learning to walk. Hope makes the goals seem worth striving for.

Hope feels good and it also helps good things to happen. It can be nurtured through humour, or appreciating beauty, or taking note of progress that has been made. If we can't find it now, we can usually find it later. Ultimately, there is no greater compliment than to be described in a story as "the one who gave me hope."

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November 3, 2007, was the Annual NABIS Dinner and Silent Auction. It was a sell out crowd (and a great group of people to be with.) The goal of the Fundraising Committee was to surpass last year's total of \$15,000 and achieve \$20,000.00! What a lofty goal!!

Let me tell you how very pleased I was to have the opportunity to read out the final total for the evening: OVER \$26,000.00!! UNBELIEVEABLE!! Thank you Mufty Mathewson and the Fundraising Committee for all your hard work! Thanks to everyone who supports NABIS in any way, I know there are a lot of people out there, THANKS – JUST WAIT UNTIL NEXT YEAR!

**Have a Great Holiday Season!** Patrick Hirschi, President

