

Hope: Intervention Strategies

- Support regenerating of local economies
- Highlight that some of these changes are temporary. Mention other times your community or another community rebounded after other hard times
- Ask others what they have done during difficult times to stay hopeful
- Share a positive affirmation or a gratitude–it can go a long way
- Help people:
 - Focus on those elements they have control over
 - Share their experience and way forward
 - See a future and those things that can still happen
 - Accept that their lives and their environment have changed

