



Us Plus

Mental Health and Wellbeing Bulletin 19

Hello everyone,

Before we look at how hope is essential to positive mental health, I'd like to remind you all of the 'Are you OK?' support on offer on the Academy Website. If you click on the link in the student section of the website, you can alert us to any serious concerns you have about yourself or others - in relation to safeguarding or mental health and wellbeing. There is more information on the Academy Website.



The Science of Hope

What defines hope, exactly? According to the "hope theory" formulated by positive psychologist Charles Snyder and his colleagues, hope gives people the will, determination, and sense of empowerment that allows them to reach their goals. A large body of research on hope demonstrates its power to support well-being, even more so than optimism or self-efficacy (our belief in our own abilities).

Research over the past decade and more shows that people who are hopeful:

- Are more likely to attain their goals.
- Do better academically.
- Choose healthier lifestyle habits.
- Cope with and recover better from illness.
- Experience higher life satisfaction.
- Have a stronger sense of meaning and purpose.

How Hope Impacts Mental Health in Young People

A recent study of mental health found five major themes regarding the role hope plays in young people's mental health:

1. Hope is associated with improved coping.
2. Improved well-being is also associated with hope.
3. Depression and negative life events are less intense for those who are more hopeful.
4. Having hope is a protective factor against suicide and negative, self-deprecatory thinking.
5. A hopeful person is more likely to engage in healthy behaviours.

Your assembly and wellbeing registrations this week will also look at the theme of hope and the positive impact hope has on our mental health.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk

