



EXPLORING THE SCOPE OF HOPE

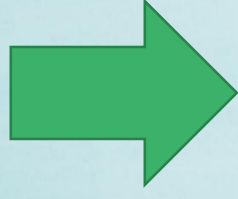
Through the lens of neuroscience



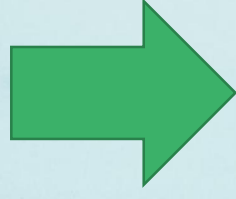
HPMA North East and Cumbria Conference

Monday 16th October 2023

THOUGHTS



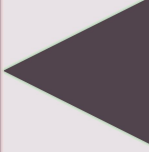
IMPACT ON THE BRAIN



IMPACT ON THE BODY

THOUGHTS

SCARCITY MINDSET *vs* ABUNDANCE MINDSET



SCARCITY

THOUGHTS THAT LIMIT HOPE

‘There is only so much to go around’ mindset-greed/jealousy

Focuses on the limitations of a situation

Focuses on things outside of their control

Focuses on what is lacking in their life

‘Goals are just to fix problems’



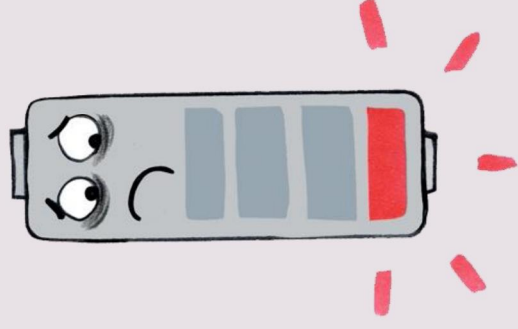
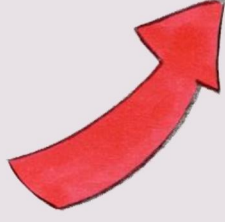
SCARCITY

WHAT THOUGHTS DO
YOU ASSOCIATE WITH
THE FEELING OF
HOPELESSNESS?



IMPACT ON BRAIN

BRAIN DRAINERS



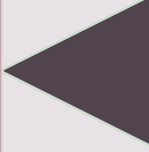
Have a think, and write down some examples of things that **DRAIN** your brain battery

IMPACT ON THE BODY

LET'S PUT YOUR
THOUGHTS TO THE TEST!

THOUGHTS

SCARCITY MINDSET *vs* ABUNDANCE MINDSET



ABUNDANCE

THOUGHTS THAT
ENCOURAGE
HOPE

*Focuses on the
opportunities of a
situation*

*'There is more than
enough resources to
go around' mindset*

*Goals are simply add-ons
to an already blessed life*

*Focusing on
strengths*

*Focuses on what is
in their control*

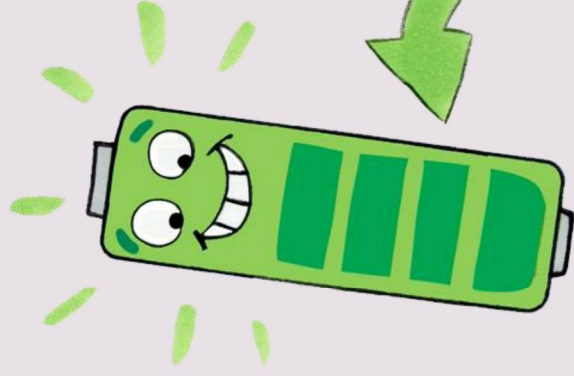
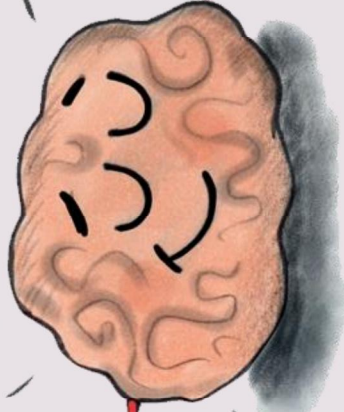
*Looks at their life through a
lens of gratitude*

ABUNDANCE

WHAT THOUGHTS
DO YOU ASSOCIATE
WITH THE FEELING
OF HOPE?

IMPACT ON BRAIN

BRAIN CHARGERS

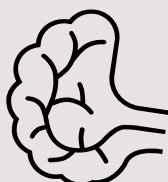
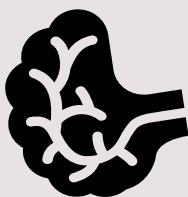


Have a think, and write down some examples of things that **CHARGE** your brain battery

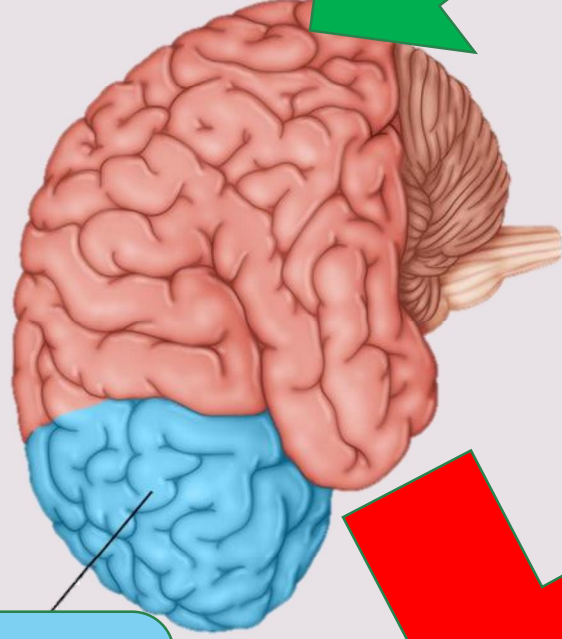
IMPACT ON THE BODY

LET'S PUT YOUR
THOUGHTS TO THE TEST!

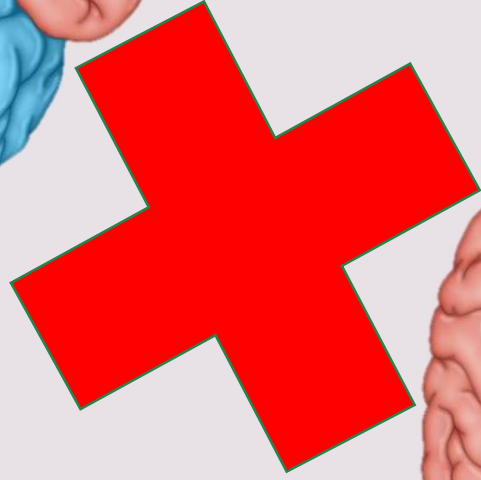
WHY?



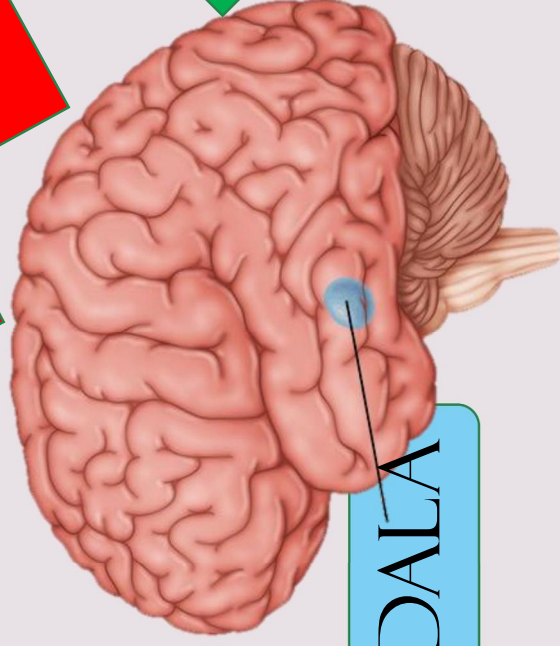
PREFRONTAL
CORTEX



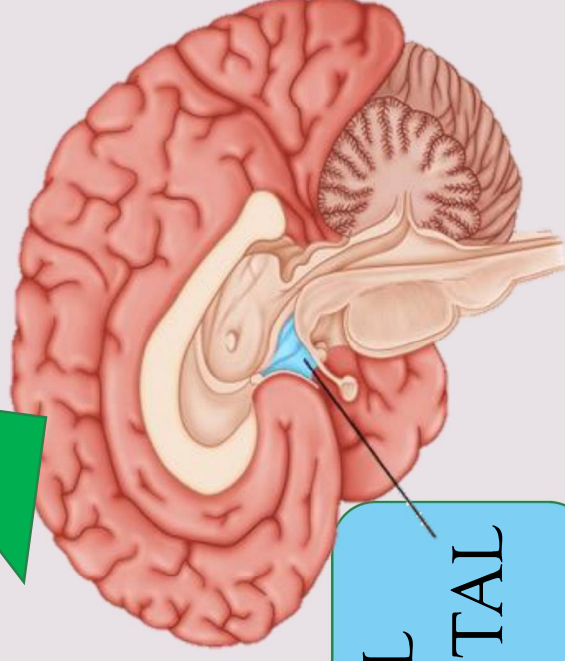
THE TRIADIC BRAIN



AMYGDALA



VENTRAL
TEGMENTAL



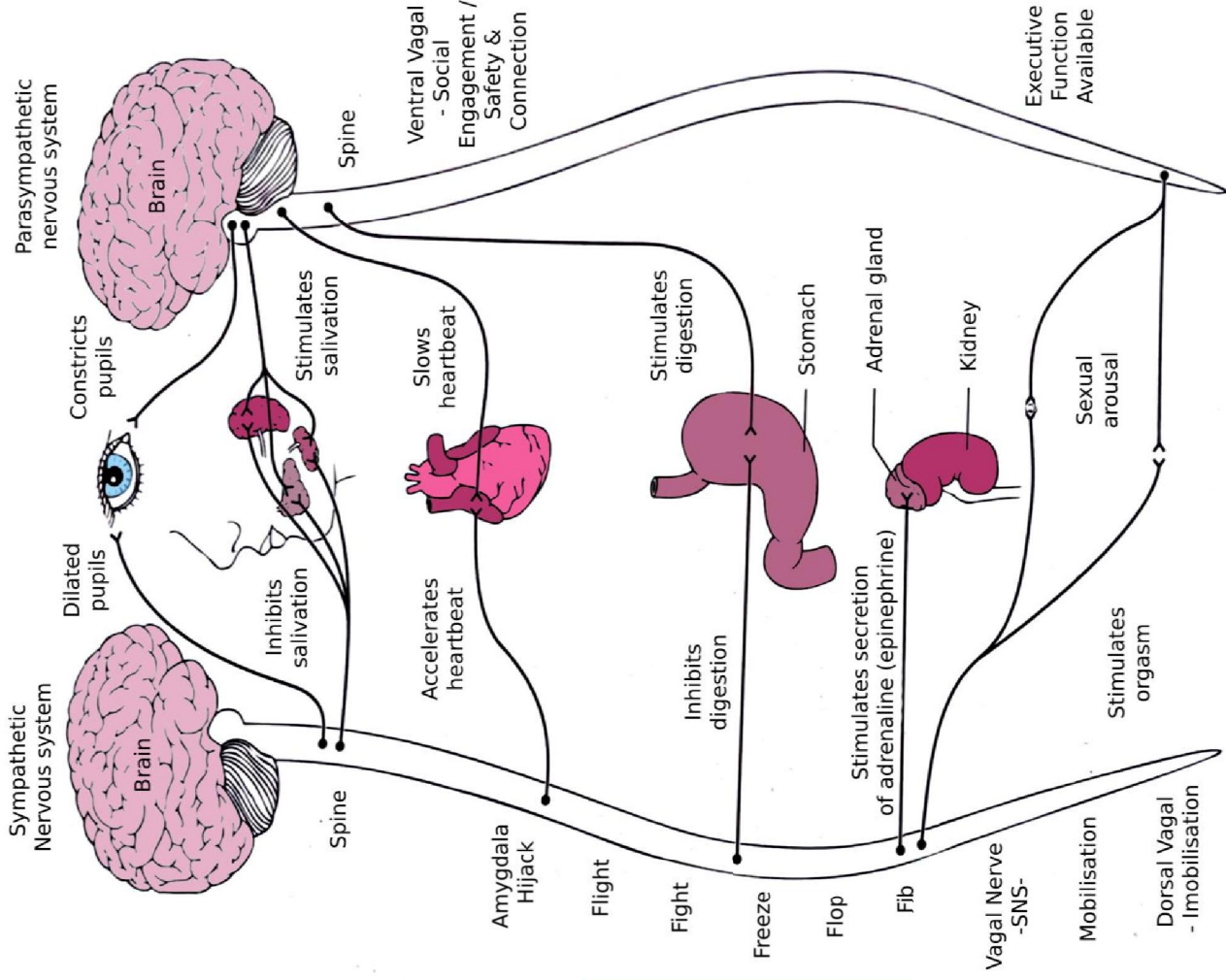
VAGUS NERVE

- OUR PERSONAL WALKIE
TALKIE



HOPELESSNESS

THREAT ZONE



HOPE

SAFETY ZONE

PSYCHOLOGICAL CAPITAL

H

E

R

O

PSYCHOLOGICAL CAPITAL

H

Hope is a motivational state which gives us the energy to focus on our goals and helps us plan how we'll achieve those goals.

E

R

O

PSYCHOLOGICAL CAPITAL

H

Hope is a motivational state which gives us the energy to focus on our goals and helps us plan how we'll achieve those goals.

E

Efficacy is the belief we have in our ability to achieve goals and handle specific situations.

R

O

PSYCHOLOGICAL CAPITAL

H

Hope is a motivational state which gives us the energy to focus on our goals and helps us plan how we'll achieve those goals.

E

Efficacy is the belief we have in our ability to achieve goals and handle specific situations.

R

Resilience is the ability to bounce back and persevere in the face of obstacles and setbacks.

O

PSYCHOLOGICAL CAPITAL

H

Hope is a motivational state which gives us the energy to focus on our goals and helps us plan how we'll achieve those goals.

E

Efficacy is the belief we have in our ability to achieve goals and handle specific situations.

R

Resilience is the ability to bounce back and persevere in the face of obstacles and setbacks.

O

Optimism is the general expectation that good things will happen and the belief we will succeed in the future.

The motives of others
Whether someone apologises to me
Litter bugs
Economy

Traffic
how others feel
Other peoples thoughts

Clarity circle of control and influence

My thoughts • How much news/tv I watch • My values

How I choose to live my life • How much I tell/share about me • Can I accept it or influence it?

my opinions • Saying no • The feedback I give! • My learning • How I manage my finances

If I break the rules or follow them • Saying no • who I share my home with • Sleep prep/pattern

Focus on the inside • Where I put my focus + energy • What changes me & how I change me

Events I attend • My response • How much access to my life do I give others • My skills

Being prepared for weather changes • My knowledge • How much time I spend on social media

Maximise time, energy • The effort I make with my relationships • My actions

How I take care of myself • Support & play an active part in things that matter

If I challenge it • The meaning I place on the actions of others

My decisions • What I post on social media

The importance I attach

Death
Who likes me

How they look at you

Queues in shops
Things from the past
Social media

Weather

How others behave

Values and beliefs of others

The future
Global warming

Out of my control



HONE YOUR HOPE

VAGAL GLIMMERS

HOPE IS
CONTAGIOUS

HOPE IS A
MEDIATOR

HOPE IS INSIGHT
(UPDATING YOUR
THOUGHT SYSTEM)

HOPE IS A SHIELD
(PROTECTING THE BRAIN)

HOPE FOCUSES
OUTWARDS
(THROUGH THEIR EYES)

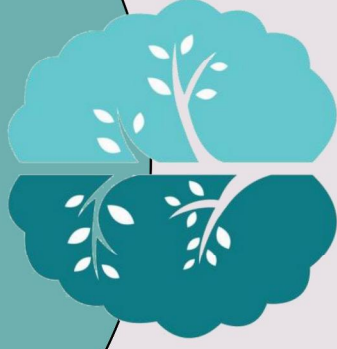
HONE
YOUR
HOPE



ARE YOU
READY TO
EXPLORE?



THANK
YOU FOR
LISTENING!



Hannah Bell
CLARITY

