



*An accident, a disease or a loss: blows of fate change a person's life from one second to the next. When new directions are required and difficulties have to be overcome, there are inevitably also moments of hopelessness.*

*These tips may give you the motivation you need to face up to the challenges:*

- ⚓ Hold onto your talents and abilities. What have you achieved today? What are you good at? Set yourself achievable goals, work towards them and feel pleased with what you have achieved.*
- ⚓ You can learn and benefit from past experiences. Which difficult situations have you overcome? When did you find a solution despite difficult circumstances? When did things work out well even though they seemed hopeless?*
- ⚓ Find a role model. Maybe you know somebody who has overcome a similar situation. Use the internet or our Beacons of Hope to look for others in your situation and for people who have managed the challenge you are facing. Learn from their insights and implement their solution strategies.*
- ⚓ Accept situations that cannot be changed. Fighting and railing against them will sap your energy and reduce your resilience. Wherever possible, try and look for something positive – even if it is not immediately apparent.*
- ⚓ Hopeful and optimistic mantras have a positive effect on thought patterns. For example: no matter what happens to me, there will be a solution. I am doing everything I can.*
- ⚓ Surround yourself with positive and cheerful people – as often as you can. It is best to avoid pessimists and doom-mongers.*
- ⚓ Fill your life with positive activities: help others, share ideas with other people, play, learn something new, meditate or exercise.*
- ⚓ Step away from the role of passive victim and become active. This will help you gain more control over your life, which will also strengthen your hope of finding a solution.*
- ⚓ Make a decision: do you want your life to be based on confidence and hope or do you want to remain trapped in your negative thoughts? Do not underestimate the power of your own attitude towards life...*

*On the Nottwil Campus, there are ten Beacons of Hope that aim to offer inspiration and encourage reflection.*

*Every Beacon of Hope will examine an individual source of hope, provide reassurance in challenging situations, and show that nobody is alone.*

