

HOPE FOR TOMORROW WEBINAR

Hope is a powerful catalyst to
moving through struggles to a
brighter future.

DEC 5, 2024
7-9PM MDT - ZOOM



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FOUNDATION

Hope is a powerful catalyst to moving through struggles to a brighter future.

Q:What are you putting your HOPE in?

Hope deferred makes the heart sick but a longing fulfilled is a tree of life.
Proverbs 13:12

Deferred:

to put off to a later time, or postpone.

Q:When have you experienced hope deferred in your life?

Hopelessness

Hopelessness is a feeling or state of despair, or lack of hope.

Hopelessness is the absence of HOPE!

If we have no hope we will experience HOPELESSNESS.

Have you ever wondered why HOPELESSNESS seems to come upon us so easily? It is because it is the natural replacement when we have no HOPE!

Hope is a CHOICE not a feeling!

What hopelessness feels like?

Sadness, dejected, demoralized, despairing, despondent, downhearted, incurable, irreparable, irreversible, lost, unachievable, desperate, forlorn, helpless, pointless, impossible, depression, lack of purpose, isolation, feels like you are in a dark pit you can never escape, seasonal Affective Disorder

Q: Have you ever been hopeless? If so, what did it feel like?

Seasonal Affective Disorder–SAD

Statistics

- 2-3% of healthy individuals are impacted by this seasonal depression.
- Up to 25 % of those who struggle with other mental health concerns can experience this seasonal depression
- symptoms can last up to 4-5 months out to the year
- Most people who experience SAD are unaware and there for suffer for lack of knowledge
- Lacking knowledge and wisdom what to do can cause confusion and lead to an overwhelming sense of hopelessness

Winter symptoms

- sadness
- irritability
- frequent crying
- fatigue and lethargy
- difficulty concentrating
- Sleeping more than normal
- lack of energy
- decreased energy levels
- withdraw from social activities
- craving sugar and carbs
- weight gain

Summer symptoms

- irritability
- poor appetite
- weight loss
- insomnia
- agitation
- restlessness
- anxiety
- episodes of violent behavior

Q:Have you ever experienced SAD? If so, what did you do to cope?

Treatment

- Light therapy
- Vitamin D Supplementation
- Engage in activities that excite you and bring hope
- SLEEP- Follow biblical sleep patterns (Resting and sleeping when the sun goes down)
- Healthy Nurtrition
- Resist the cravings of sugar and Carbs as it disrupts your gut balance and therefore inhibiting serotonin production in the gut.

Q:Have any of the above worked for you and how?

Serotonin– Happy Hormone

Serotonin is made from the essential amino acid tryptophan, which must be obtained from food. Most serotonin is found in the gut, with about 90% in the cells lining the gastrointestinal tract. Only about 10% is produced in the brain.

Low serotonin levels may increase the risk of depression, anxiety, and other health conditions.

Good nutrition, proper supplementation, reduced toxic load, and natural products such as essential oils can support natural production of serotonin.

What hope feels like?

joy, peace, longings, dreams, achievement, ambition, anticipation, aspiration, belief, confidence, desire, expectation, faith, optimism, promise, Prospective, expectancy, security, hopefulness, goals, prospects

Q:What does hope feel like to you?

Find rest O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation. He is my fortress. I will not be shaken. My salvation and my honor depend on God. He is my refuge. Trust in him at all times. O people pour out your hearts to him for God is our refuge.

Psalm 62:5-8

Activation

CHOOSING HOPE?

Hope is a choice, putting it off to another day is not an option that I encourage anyone to take because it leads to hopelessness.

What areas of your life are you struggling to find hope?

Have you perceived deferred hope as something being withheld from you?

In what ways will you choose to HOPE in the situations of your life that seem hopeless?

What practical steps can you take to not experience seasonal depression that comes from our shorter day light hours?

3 Keys to Remember

- 01 HOPE DEFFERED IS SOMETHING WE CHOOSE AND NOT SOMETHING THAT HAPPENS TO US.
- 02 SOMETIMES OUR HOPELESSNESS IS CAUSED BY NATURAL CAUSES AND BEING AWARE OF THIS AND UTILIZING TOOLS TO INCREASE OUR SEROTONIN CAN BE A LIFE CHANGER FOR US.
- 03 A LACK OF HOPE IS DEFINED AS HOPELESSNESS, WHICH IS A VERY SLIPPERY SLOPE INTO A DARK PLACE NO ONE WANTS TO BE, BUT WHEN WE GET THERE WE FEEL HELPLESS TO GET OUT!

"Hope is being able to see that there is light despite all the darkness."

~ Desmond Tutu

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint. ***Isaiah 40:31***

Contact Information

For Support, Mentorship and
Resources

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