

HOPE

SUPER SKILLS

WHAT IS

Hope is a realistic yet optimistic attitude or state of mind, a belief that positive change is possible, and a willingness to set and work towards goals. To have hope is crucial in goal-setting and decision-making (self-management), improves social

relationships and other achievements, such as school or work, and is essential in attaining life satisfaction, including mental and physical health.



Hopeful children succeed in planning and goal-setting.

Hope is linked with mental willpower and reaching goals, work and academic achievement, and improved relationships.

Hope helps us cope with loss, stress, and other challenges and improves mental and physical health. Hope can reduce depression, anxiety, panic attacks, chronic diseases, cancer risk and even lead to a longer, happier life.

Hopeful children and youth are more likely to engage in positive community development than antisocial behavior, including substance use.

A lack of hope, a “learned helplessness” or “behavioral despair”, may be linked to aspects of depression.

WHY HOPE MATTERS

Did You Know?

Goal-setting and considering the future are fundamental parts of building hope.

Hope is one of the Super Skills promoting Social and Emotional Learning (SEL).



**Listen
FIRST**

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

THE SCIENCE OF SKILLS

www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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