



## Public Safety Psychological Services

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### Staying Sane In Insane Times - “Hope”

*Noun ~ “a feeling of expectation and desire for a certain thing to happen”*

This weekly tip sheet is to support you and your families during this ongoing public health event. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at [cvablais@psspc.net](mailto:cvablais@psspc.net) As always, if you or a loved one are feeling suicidal, please call “911”, Code4NW at 425-243-5092 or the National Suicide Prevention Hotline at 1-800-273-8255.

#### Physical Health – the “**P**”

**Take it easy this week.** Be kind to yourself this week. Reduce the amount of sugar and alcohol you consume (and cut back on caffeine -- especially energy drinks). With the time change, remind yourself we are heading into the winter and give yourself some adjustment time. Make or buy some healthy comfort food. *Stretch, walk, and get enough sleep.*

**Goal: Stay as in the moment as much as you can this week. Do something healthy that makes you feel really good at least every other day.**

#### Intellectual Health – the “**I**”

**Look for the Third Door.** In his book *The Third Door*, Alex Banayan writes that success is like a nightclub: *There are always three ways in.* He explains it like this: There’s the First Door: the main entrance, where 99 percent of people wait in line, hoping to get in. The Second Door: the VIP entrance, where the billionaires and celebrities slip through. But what no one tells you is that there is always, always... the Third Door. *It’s the entrance where you have to jump out of line, run down the alley, bang on the door a hundred times, crack open the window, sneak through the kitchen – there’s always a way.”*

**Challenge: When faced with struggles this week, look for the third door. What ideas HAVEN’T you thought of? What is the worst idea you can come up with? Sometimes the bad ideas help lead to much better ones.**

#### Emotional Health – the “**E**”

**Reach out to others.** Lots of people are struggling right now with angst about the election, virtual school and work and the ongoing challenges with the pandemic. This week, *connect with others with the unstated goal of being a sounding board that may offer someone else some hope.*

**Goal:** Contact two people you care about but haven’t talked to in a while. Ask them how they are? (Fine is not an answer! ☺). A few other questions to ask: “What are you looking forward to this winter? What are you dreading? Can I do anything for you?”

#### Spiritual Health – the “**S**”

**Practice Grounding.** *Developing a strong sense of self is central to having a hopeful and optimistic outlook.* Practice grounding by finding a comfortable place to sit. Set a timer for 3 minutes (or longer if you have time). Close your eyes and envision your favorite place. Focus in on that place. *How does it look? How does it sound? How does it smell? What does your body feel like in this place?* Enjoy your favorite place until you hear the timer. Notice how you feel when you “return” to your day.

**Challenge: Practice the grounding exercise 4 of 7 days.**

*“I think it’s a mistake to ever look for hope outside of one’s self.” – Arthur Miller*



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## Staying Sane In Insane Times –“PIES” for Kids and Teens

**Hope**– Noun ~ “a feeling of expectation and desire for a certain thing to happen”

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### Physical Health – “P”

**Fall Reset.** With the time change, kids might be a little grouchy this week. Encourage them to rest or go to bed a little bit early. Monitor the amount of Halloween candy they are consuming ☺ and challenge them to set healthy limits. *By mid-week, help them go back to basics with meals – protein, healthy fat, greens and a grain at every meal!* Plan together as a family for the upcoming holidays and talk about how important it is to keep eating healthy to offset all the “treats” that are coming between now and January. Encourage them to take breaks from school to enjoy any sunshine that we have. “Sunshine breaks” will become increasingly important as we head into the winter months.

### Intellectual Health – “I

**Talk about hope and what they can do to help others feel hopeful.** Ask your children what they hope for themselves, for their friends and for their family. Perhaps your child has an idea of what they want to “be when they grow up” Be encouraging and ask them, “What do you need to do to get there?” Discuss pathways, options, and possibilities. *Thinking about the future and making plans is central in fostering hope.* With this unique holiday season, perhaps ask them their hopes for the rest of the year and begin brainstorming on ways to achieve these goals as a family and as a community.

### Emotional Health – “E”

**Practice developing hope.** When your kids get stuck, before you give them an answer, ask them open ended questions, such as “What do you think the next best thing is to do?” “Tell me about a time when you encountered something like this in the past.” These kinds of questions can help kids recall times they’ve succeeded before and use that to build hope that they can succeed again. Encourage them to write or draw about their successes.

### Spiritual Health – “S”

**Practice creative visualization.** Praying, meditating and spending quiet time in reflection has consistently been shown to promote relaxation and to increase optimism and hope. *This week, ask your children to close their eyes and imagine their perfect place.* (This can be a real place or a place from their favorite book). Ask them to sit quietly in their perfect place and notice how it looks. Ask them to notice how it sounds, how it smells and how their body feels in their perfect place. When they open their eyes, tell them they can visit their perfect place whenever they need to take a break. Encourage them to practice this skill ☺

*“Hope can be a powerful force. Maybe there’s no actual magic in it, but when you know what you hope for most and hold it like a light within you, you can make things happen, almost like magic.”*

- Laini Taylor