

Weekly Wisdom

Grow the Green for You and Your Team



“If it were not for hope, the heart would break.” - Thomas Fuller

Hopefulness or Mindfulness in Stressful Times?

We all know mindfulness can help us in countless situations, especially in times of stress. But a new study finds that **hopefulness** might be more helpful during times of stress and intense challenge than mindfulness.

The study looked at people who lost their jobs during the COVID-19 pandemic. They found that “hopefulness was associated with higher levels of resilience than mindfulness.” It also predicted lower levels of distress and tension and higher professional engagement.

How can this be?

Mindfulness teaches us to stay present and accept things as they are. Hopefulness, on the other hand, focuses on the path ahead, “which can put people in a solution-focused mindset.”

Hope in difficult times can help us think in a future-oriented way. In other words, if we’re hopeful about our future, we can take actions that will make that future come to be.

Try mindfulness **and** hopefulness when facing stress!