



# The HOPE Initiative

*Helping Other People because Everyone  
deserves to feel better.*



# WELCOME



The HOPE Initiative is a framework built from evidence-based psychological strategies and has been formulated in response to COVID-19. It is designed to help address the impact of uncertainty, change, or crisis on individuals.

The framework is typically delivered across at least six sessions with your psychologist, and will address the six elements of HOPE. What each of these elements brings up for you will depend on your individual situation, and an intervention will be specifically tailored to your needs. The goal is to provide practical strategies that you can start implementing to adjust to certainty, cope, build confidence and move forward with your life.

*Dr Peta Lilley*

CEO & Founder of Lilley Place | Clinical Psychologist



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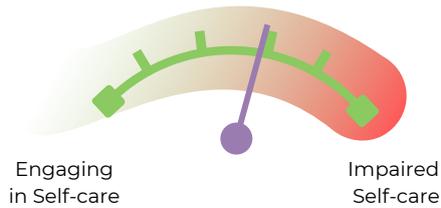
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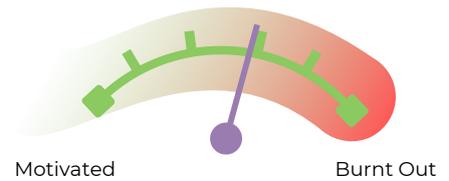
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# EVALUATION SCALES

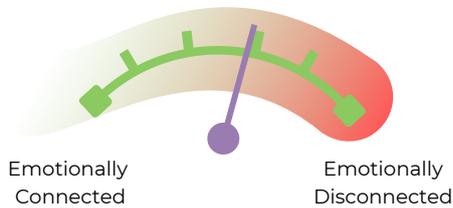
## Essential Care



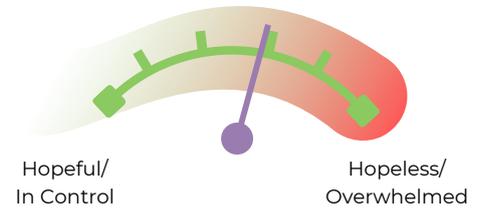
## Energise



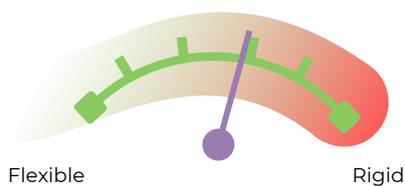
## Engage



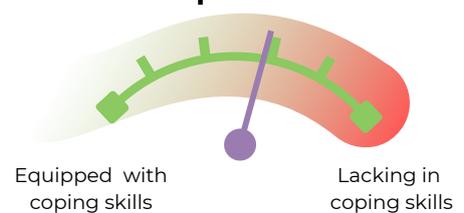
## Endure



## Evolve



## Empower







# ESSENTIAL CARE

In periods of change or crisis, our self-care can often be reduced to the last priority, when in fact it is one of our most valuable tools for coping. When we care for our own needs, we are better able to care for others.

## MENTAL/EMOTIONAL

Do I use a kind voice when talking to myself?  
Are my thoughts helping me feel the way I want to feel?  
What would I say to a friend in this situation?

## PHYSICAL

How am I sleeping?  
What foods would nourish my body right now?

## SOCIAL

What could I do to feel cared for?  
What could I ask a loved one to do to help me?  
What kind of connections would comfort me?

## OTHER

Am I gentle with myself around study or work expectations?  
Am I in touch with any spiritual beliefs?

## ACTION PLAN

Which of these ideas can I start incorporating into my life right now? How would that look?





# ENERGISE

When we are under extreme pressure and stress, a surprising amount can be stored in the body. It may feel like the last thing you want to do, but mental and physical activity can help combat stress-related fatigue and tension.

## MENTAL/EMOTIONAL

Are there any feelings or thoughts I find draining?  
Is there anything I've noticed that shifts these feelings and thoughts?

## PHYSICAL

What movement is my body capable of?  
What exercise can I engage in that will make me feel good?  
What helps me feel motivated?

## SOCIAL

Who and what do I have in my life that invigorates me and makes me believe in myself?

## OTHER

What are my goals beyond my current situation?  
Is there a sense of deeper meaning I can connect with?  
Could I be energised by letting go of something?

## ACTION PLAN

Which of these ideas can I start incorporating into my life? How would that look?





# ENGAGE

In the modern world, we have more ways of connecting than ever before, but can still feel disconnected and lonely. It is also common to withdraw when stressed and overwhelmed.

The antidote to this is being creative in the ways we foster connection.

## MENTAL/EMOTIONAL

What people/places/things stir feelings of appreciation in me?  
What are some of my fondest memories I can hold on to?  
What can I focus on in the now to ground me and help me engage in the present?  
How can I tell if I am emotionally connected?

## PHYSICAL

Am I in a position to get physical comfort from others?  
Can I physically comfort myself?

## SOCIAL

How is my community coping right now?  
What helps me think outside myself and authentically connect with my community?

## OTHER

How can I keep my boundaries healthy when the ways I connect change?  
How can I tell myself when I need to switch off?

## ACTION PLAN

Which of these ideas can I start incorporating into my life? How would that look?





# ENDURE

This too, shall pass. However, while we are waiting for it to do so, there are many ways that we can claim back a sense of control. Through prioritising and focusing on what keeps us in the present, and by using strategies, skills and strengths, we can adapt and be resilient.

## MENTAL/EMOTIONAL

What am I most looking forward to when the situation changes for the better?  
Can I see anything I am learning from enduring this experience?  
What am I grateful for now?  
What can't be taken away from me?

## PHYSICAL

How can I make use of my physical space and environment in a positive way?  
Is there anything I can do less of so that I can keep going?

## SOCIAL

Who has this situation made me appreciate more?  
How could I express this to them?

## OTHER

What grounds me when I feel my most overwhelmed?  
What routines or attitudes could I use to feel more in control and less overwhelmed?

## ACTION PLAN

Which of these ideas can I start incorporating into my life right now? How would that look?





# EVOLVE

As we begin to see our challenges from a wider lens, it can help to reflect on our experiences and what it means for us moving forward. We get to choose what we focus on, what we bring with us, and what we leave behind.

## MENTAL/EMOTIONAL

Have I lived my values through this experience?  
Have my values changed?  
Have my priorities changed?  
What have I become more aware of?

## PHYSICAL

What new healthy habits and routines would I like to develop or continue in the future?

## SOCIAL

Are there any new patterns of relating to others I can bring moving forward? Who are my most valued people?

## OTHER

Is there anything I would like to leave behind as I move forward?  
In what ways has this experience allowed me to grow?  
How have I adapted to the circumstances I have faced?

## ACTION PLAN

Which of these ideas can I start incorporating into my life right now? How would that look?





# EMPOWER

Feel stronger and more confident with strategies to maintain mental health and wellbeing. Choose what you focus on and control how you respond to situations. Feel empowered to ask for help and receive help to support those around you.

## MENTAL/EMOTIONAL

Do I know what steps I can take to maintain my mental health?  
What thoughts and feelings should I be aware of as signs I may be struggling?  
What thoughts are helpful to achieve my goals and feel the way I want to feel?

## PHYSICAL

What are my strategies for staying well?  
What body cues raise awareness of my mental health and wellbeing?  
What changes or behaviours are signals that I need to focus on my mental health?

## SOCIAL

What strategies can I use to support others?  
How can I confidently ask for what I need from others?  
What signs can I be on the lookout for that those around me could use support?

## OTHER

What ways can I ask for and receive help when I need it?  
What resources are helpful?  
Are there things that I have learned that are stable, and can't be taken away?

## ACTION PLAN

What are the main learnings from the H.O.P.E framework that I would like to continue implementing in my life?



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