

THE HOPE BOX: A REASON TO KEEP LIVING

A Hope Box is a simple but powerful way to help you remember your reasons for living during moments when all hope seems gone. To create a Hope Box, follow these steps:

- (1) Find an empty shoe box, container, or large envelope.
- (2) Take items that have a significant meaning and place them in the box. For ideas of what to put in your box look at our "The Hope Box" Tip.
- (3) Place your important items into the box, and put it somewhere it can be easily accessed, such as under your bed, in a dresser drawer, or on your nightstand.

Rediscovering Hope: Pull out your box and go through the items. Hold each object, take a deep breath and remember why it's special to you. Your memories of special times can help restore your hope and provide you with reasons to keep pressing on.

NOTE: Talking to someone may provide that extra level of support you are searching for. You can and will get through these dark times. Hold on, reach out, and never let go of the things that mean the most to you.

Items I will put in my Hope Box:

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