



The Book of

HOPE

*This book is dedicated to all
the courageous survivors of
sexual, domestic and family violence,
who every day
show incredible strength
and never give up HOPE*

Funded with thanks to The Rotary Foundation, District 9640 Grants Committee and Rotary Club of Griffith Gold Coast.

The Book of HOPE (2023) has been compiled by Narelle Poole in conjunction with Survivors and staff of Gold Coast Centre Against Sexual Violence Inc.

A special thank you to Chloe Wickham and Kerrin Bradfield for their design contributions.

*“Healing is not an event
It is not a destination
It is a process
A journey
It may take many turns
Until one day you look back
and see
Just how far you have come
How much you understand
How much you have healed
and grown
You may never forget
May never be the same
But you do find joy
By continuing to always walk
forward
Towards HOPE ”*

-S-

The Book of HOPE has been developed by clients and staff of the Gold Coast Centre Against Sexual Violence in the recognition that there is life after violence - there is healing, strength, and most importantly, HOPE.

The poetry, quotes, and feature artwork in this book have been contributed by amazing women who are taking control of their lives so that the past no longer dictates their future. They are embracing HOPE as they embark upon their healing journey.

We HOPE that in this book you are able to find some ideas, messages, and strategies that work for you.



Trauma does not always leave a visible scar and it can challenge your sense of self, wellbeing, and safety. It is HOPE that tells you that your trauma does not define you and that you are resilient and can build the life that you want. You can feel empowered and Hopeful.

Strength and courage aren't always measured by medals, awards, and victories. They are measured in the struggles you overcome, the growth you experience and the times you choose HOPE.

The strongest people aren't always the ones who win. They are often the people who don't give up when they lose. They are the ones who have HOPE.

Narelle

TAKE WHAT YOU NEED





“ *Strong support systems are vital in helping you find your voice after trauma* ”

-Tina-



“ *HOPE is a survival tool that allows you to step away from trauma occasionally* ”

-Caroline-





ESPOIR

HARAPAN

NADZIEJA

AASHA

**Ne gubite
NADU**

**Existe vida após trauma e
sempre haverá esperança**

NADIYA

TUMANAKO

**Quand vous choisissez
l'espoir, tout est possible**

Esperança

PAG-ASA

*HOPE is a powerful word that
inspires millions of people in many
different languages*

SPERANZA

ESPERANZA

HOOP

YAMAL

fa'amoemoe



“ I am happy that women have places that our rights matter as we have rights here at the centre. It’s great to learn that we are not made to keep silent here as we learn with our Counsellors, as we work through our trauma that we have the power and learn to gain our strengths and learn that we are brave and courageous and we matter ”

-Tracy-Lee-



P



E

“ *Counselling can help you think, feel, and live in a calmer and more mindful way. This may include learning new skills, feeling better about yourself, reframing unhelpful thoughts, setting goals, and making sense of your past.*

The counselling process can increase your sense of HOPE by working together at your own pace, in a non-judgemental, respectful way, and with belief, trust and empathy ”

-GCCASV Counselling Team-

HOPE MEANS...












HOPEFUL PEOPLE are like the little engine that could – they keep trying and even though they have setbacks, they keep on trying. They work towards something and have an inner voice that doesn't give up – it tells them that they've got this. They are also resilient enough to know when something isn't going to work and acknowledge that it is ok to let it go while still remaining Hopeful for the future.

HOPE is a combination of positive thinking and a realistic sense of optimism. HOPE is being able to persevere and remain positive to overcome obstacles. HOPE reduces feelings of helplessness and increases happiness.

There is life after trauma, there is HOPE.

HOPE...

-  Is a reason to get out of bed every day
-  Improves mental wellbeing
-  Benefits the physical body
-  Helps with the immune system by reducing stress
-  Increases self-worth, self-belief and confidence
-  Encourages positive action
-  Encourages you to surround yourself with like-minded people
-  Reduces sadness and anxiety
-  Creates opportunities

FACES


Many faces, many struggles and challenges for each one of them, every one of my faces represents the struggle it has endured but the strength that each one has...



*...has kept each part safe, over my lifetime journey, my faces have made me whole and at peace. I'm a jigsaw puzzle and am still finding the pieces still today. I found **HOPE** in life and **HOPE** in living with many detached emotions and feelings that are now becoming one. Our future is ours to write. It has not been written yet; we all have **HOPE** in us. We need to find our **HOPE** through others, through love, through connections and especially through ourselves. There's always **HOPE** in our lives, it lives within us.*

-Artwork and words by Danielle-





“ *When I feel untouchable
Either to myself or to the world
Somehow, I get to my garden
And let the water run out of the
hose
And I begin to smell the earth and
become aware of each petal and
leaf
Upon which the water drips and I
begin to smile and feel the colours
come out of my heart* **”**

-Kate-





CREATING A TOOLKIT

Some people find that when feeling stressed or overwhelmed, it helps to have strategies they can access quickly to manage those feelings.

Feeling a range of emotions is a normal reaction to trauma. It's important to take the time to figure out what strategies work for you and to practise them for use in the future.

You could make your own Toolkit that fits into your wallet or handbag or have something on your phone for those times when you feel overwhelmed.

Strategies others have found useful...

A picture of someone or something you love – it could be a pet, the ocean, your children

Spend time on Tik Tok, YouTube, or a favourite app

Play dough, a stress ball, rubber bands, crystals, a piece of fabric or a small soft toy

A favourite snack, a very strong mint, sour lollies

Aromatherapy oils, a strong scented hand cream or sanitiser

A calming or soothing playlist on spotify – it could be anything from heavy rock to empowering female anthems or nature sounds




TRAUMA-INFORMED PLAYLISTS can be a powerful healing tool. They are an uncomplicated way to care for yourself during tough times and a creative outlet for emotional expression personalised to your feelings and music taste. Making your playlists is a beautiful form of self-care.

Take some time to explore different genres of music and put together playlists that resonate with you. Try to find songs that promote healing and empowerment or that have lyrics that align with your strength and resilience. A playlist can start with songs that acknowledge your pain then move through a range of music towards HOPE and healing.

Music can help to express emotions, give words to how you are feeling, and give you HOPE when times are tough.





“ *Take a deep breath, get present in the moment and ask yourself, what is important this very second?* **”**

-G-



BREATHING is the most important thing that we can do – especially at times of anxiety and overwhelm. It's often something taken for granted without realising how powerful it can be in regulating emotions.

Often when you are feeling distressed, your breathing becomes shallow and fast. As a result, your body begins to panic as it is not getting enough oxygen which can increase your distress. Slowing down your breathing will help you to feel more in control of your emotions.

Try counting one, two, three as you breathe in and three, two, one as you breathe out. This will shift your focus to your breath and give you time to regain your thoughts. Do this as many times as you need.

RELAXATION, MEDITATION, AND MINDFULNESS

can help reduce the impacts of stressful or frustrating situations and can make you feel more centred and Hopeful.

Mindfulness and being alone with your thoughts can sometimes be difficult. Taking the time to practise being mindful and building it into things that you do everyday can help ground your thoughts, help you to find your calm centre and focus on yourself. Finding pleasure in simple things like the sound the water makes when you pour it into a cup, noticing the smell of the coffee or tea. Focus on the process of making the cup of tea or coffee and the taste as you drink it.

It doesn't have to be big or complicated – it's about making some time in your day for the process or ritual.

It could also be setting aside time to cry, scream or get angry. Sometimes a good cry is exactly what's needed to let it all out. It can be empowering to have a good sob. You could try putting on a sad movie or listening to a sad song to help.

“ *I give myself permission to cry if I need to. I find space in my day to do that* ”

-Christie-



“ I came to counselling at around 40 years old. I'd lived with trauma from my childhood all my life. I didn't understand then what I know now. That childhood abuse and the neglect I experienced really affected how I interacted, reacted and saw the world.

My Hope for you is that you find someone to talk to here that can and will be there for you and who can help you navigate you and your life.

I came to Gold Coast Centre Against Sexual Violence on and off. I saw 2 different counsellors at two different times and I can say this. This Centre and those ladies helped me save my life.

I was honest, I was real, I cried a lot and I laughed a lot. And I slowly learned that I am okay. I am loved. I love myself. And I am worth everything life can offer. All I did, and it was hard at times, is I kept showing up.

Life is not perfect. I am not perfect. And I learned that that's ok. You are worthy dear reader.

You are loved.

And you deserve everything life has to offer ”

-Bindi-

Taking care of your **HEALTH AND WELLBEING** after trauma is an important part of HOPE and healing. Sometimes it is easier to focus on your physical health than deal with your emotional and mental health.

Here are some ways that other people have taken care of their emotional and mental health.

I talk to someone I feel comfortable with and if I can I let that person know how they can best support me at this time

-Linda-

I express my feelings in a journal, through artwork, through exercise, cooking... or any other way that feels safe

-Susie-

I use a telephone counselling service when I am feeling overwhelmed or need someone to talk to

-Haylee-

I listen to my body and am kind to myself - I try to treat myself like I would treat my best friend

-Elsie-

Recognise that it's normal to feel angry, upset, or numb. Even if it's uncomfortable right now those feelings will pass and you can learn to manage them. There are lots of support agencies that can help you with this.

BOUNDARIES help you navigate relationships while still prioritising your healing. A boundary is a line or limit that separates what you're okay with from what you're not.

Think of it as a fence with a gate. Everything inside the fence is what you like and want to embrace in your life. Everything outside the fence is what you don't like or are not sure about.

The best kinds of fences have gates that you are in control of and that allow room for flexibility with changing relationships, circumstances, and healing.



BOUNDARIES SOUND LIKE...



I can help but
I cannot do
this for you



I am not
responsible for
your emotions



I respect your
opinion, but I have
my own opinion



I understand
you're upset,
however it's not
okay to speak to
me that way



I am done talking
about this



I need you to
understand what
I'm feeling, I don't
need help problem-
solving right now



Right now, I need
some time to
myself. I would
like to hear about
this later



I understand I am
important to you,
and while I care
about you too, I
need some space



NO!

ONLINE BOUNDARIES

We need boundaries offline and we need them online too. Social media can be a great tool for increasing public awareness, connecting with other survivors, speaking out, or just watching endless cat videos. It can be an important part of your healing experience, but it also has the potential to cause negative reactions.

Many survivors share their stories online. Reading about other's experiences can bring HOPE, but it can also cause anxiety or other unexpected feelings. Keep in mind you don't have to share your story publicly—that is a personal choice.

You are in control of your social media experience and the accounts and pages you follow. You have the right to block individuals or unfollow groups at any time. Feel free to only follow people or groups that make you feel happy, safe and Hopeful.



“ Regardless of my trauma there was colourful beauty in the end and a broken girl in many parts who has now found and has her voice, has found her HOPE and her soul is being restored with HOPE that the pain will no longer continue to control her, HOPE that there’s healing through help, healing through others and HOPE that I have now found the lost ones and will rediscover them through the changes of my life’s journey ”

-D-

✦

The healing journey is not linear, it's...
messy and challenging and underpinned by

H O P E

-Anna-

SPEAKING OUT

The decision to **TALK ABOUT YOUR EXPERIENCES** of trauma is a personal choice. You do not have to share your experience with anyone until you feel ready. If you do feel ready, allowing supportive friends or family to be there for you, to listen to you and help you, may assist you to heal. Recognise that sometimes people may not know what to do or say when you disclose your experience, and their reactions may vary. You are not responsible for other people's feelings or reactions. Tell the person what you need from them or what the best way is for them to support you.



“*Share your story! It can teach, educate, and empower others. It can also give them HOPE*”

-Yasmin-



If you are thinking about speaking out publicly, it's helpful to consider:


- Am I ready to speak out?
- Do I want to share my truth?
- Who is the intended audience?
- What do I HOPE to achieve?
- How do I imagine speaking out might affect me – before, during and after speaking out?
- How can I prepare myself for possible reactions of others
- What are my preferred self-care activities before, during and after speaking out?

“Survivors undertake to speak about the unspeakable in public in the belief that this will help others. In so doing, they feel connected to a power larger than themselves **”**

-Judith Herman-

Your **RELATIONSHIP WITH YOURSELF** is the most important one. It takes time to know who you are – your likes and dislikes, your values, what brings you joy, and what gives you HOPE. Sometimes the things you like can change but the basic things that make up your identity – that make you who you are – will remain the same and that’s what makes you the amazing individual you are.

Knowing and liking yourself is also about being authentic. This gives you the courage to back yourself, make good decisions for yourself, and helps you know your worth.



“*Knowing your worth means that you deserve to accept, support and respect yourself. It’s being kind to yourself by recognising and celebrating the little things along your journey*”

-Robyn-

10 WAYS TO SHOW UP FOR YOURSELF

1

Get into the habit of asking yourself:
"What do I need right now?"

2

Check in with yourself regularly

3

Listen to your emotions with curiosity and less judgement. What are they telling you?

4

Speak kindly to yourself

5

Let go of comparing – try gratitude instead

6

Do something for your mind, body and soul daily

7

Create more than you consume. Be mindful of what you are watching on the news and social media

8

Notice where your energy goes

9

Notice what inspires you, gives you HOPE, brings you joy

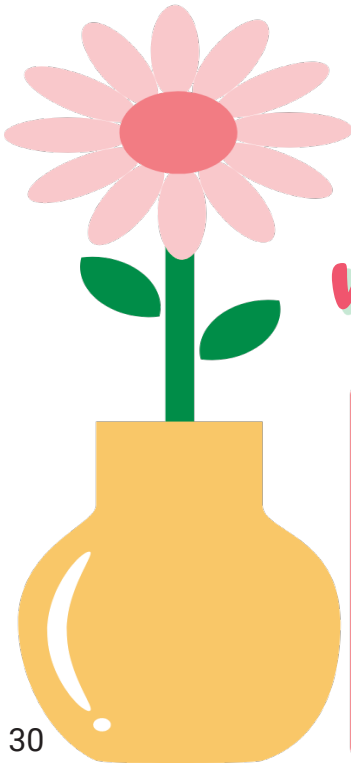
10

Notice what drains you – if something doesn't feel right, set some boundaries

SURROUNDING YOURSELF WITH SUPPORTIVE PEOPLE

is a good thing and even more so when you are healing from trauma. Nurture relationships with people who support you and make you feel good. Make time with these people a priority if you feel like company. Treat your own time as important so that you have a good balance of “you” time and time with others.

- Set your own limits – cut down on the time you spend with people who don't make you feel good. If you do have to see them, do it in a group situation and have an excuse ready to make your exit if you need to.
- Screen your calls – block numbers of people you don't want to speak with.
- Call people back when you are ready or text them to let them know when's a good time to talk.



***Pick people
who pick you***



In **INTIMATE RELATIONSHIPS**, being aware of and listening to your body is important. There is a myth that survivors no longer want to have sex or intimate connection. While that may be true for some people, others will want to explore and reclaim that part of themselves. Whether it's to improve your reaction to touch, to overcome the effects of the past, or to feel good about yourself as a sexual person. Pleasure after trauma is absolutely possible.

*You are allowed
and deserve to
have whatever
type of sex you
want*

*You deserve to
find out what
sex now means
to you*

*You deserve
to be listened
to and have
consensual
connection*

*You deserve to
experiment and
try new things*

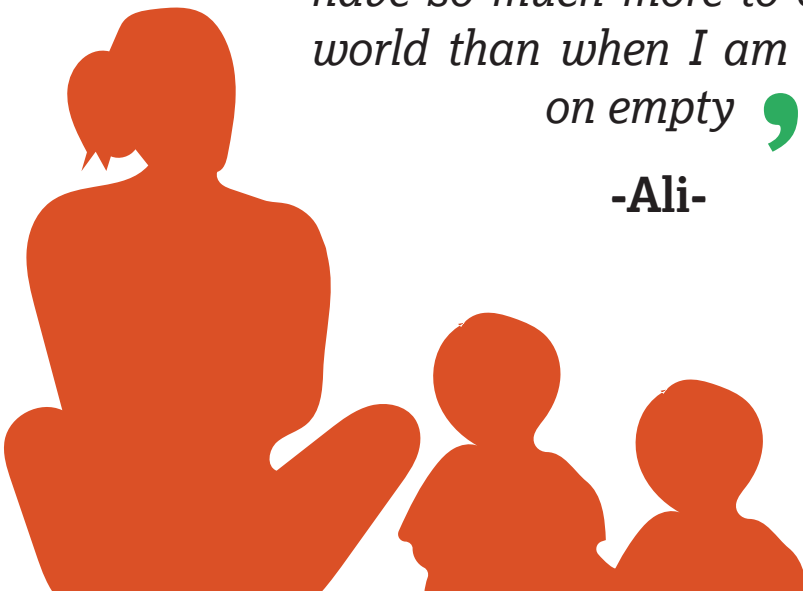
The **RELATIONSHIP WITH YOUR CHILDREN** may be another source of HOPE.

You may not have had positive role models when you were a child but you can choose to be the parent you wanted or needed. Being able to spend time with children can nurture your own inner child, and for some people being able to do things differently is an opportunity for HOPE and healing.

It is important to be mindful that part of positive parenting is taking time out to care for yourself. Positive parenting can also include teaching your children about their bodies, the rules of touch, the difference between secrets and surprises, as well as empowering them to speak out if someone does try to hurt them. Using the correct names for body parts has been shown to provide a layer of protection from abuse along with letting them know they can come to you with anything, even if it feels hard or embarrassing, and that you will listen and believe them.

“ *By taking care of myself, I have so much more to offer the world than when I am running on empty* **”**

-Ali-



Hope...

the tiny seed... has Hope

Eggs, the great and the minuscule... have Hope

Every living thing... has Hope

One-legged dogs and blind cats have Hope

Okay, I'm a bit ragged, but I'm here!

Hope is programmed into us, into every living thing, it's part of the DNA of our life force.

It seems part of a triune, like faith and love.

Seed ... Hope

Water ... Faith

Sunshine ... Love

Yet it's a combo of proportions and plenty of variables... decent soil, favourable weather, friendly insects, no overbearing drought...

A tiny little seedling in the join of the pavement, living on Hope and the detritus of foot traffic...

and maybe a spilled can of soft drink. Its chances aren't great but she still cannot give up Hope. She germinates, she sprouts, she might flower, she might even seed. She will die, eventually. Yet at no stage does she give up

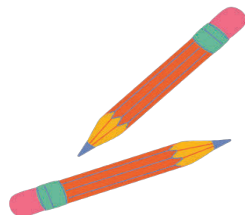
Hope, the little flower.

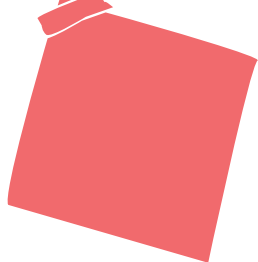
Flower Power hehe... we were made with it

- Leah-



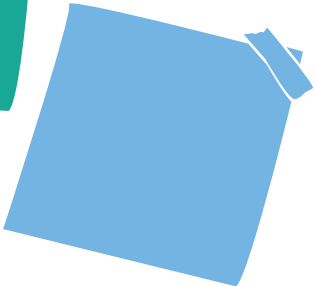
COLOURING is one of the best ways to soothe anxiety and help you focus on the present moment. It offers a practical exercise in mindfulness that draws on your creativity and helps you focus. Intricate patterns help you to meditate on your artwork as you mindfully and creatively fill the page with colour. Take a few minutes or as much time as you have, to colour your way to peace and calm.



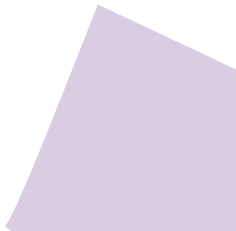
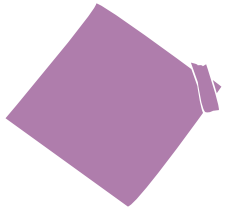


You are allowed to be
both a masterpiece and a
work in progress.
Sophia

Dear Self, Just wanted to
say THANKS for all that
you do – you're awesome!
Love Me x



While you've got your pencils out, show yourself some love and appreciation and write a love note to yourself. It can be as simple or as complex as you would like. You could add something to it every day or you could write a new one regularly. Choose some beautiful paper or a favourite pen to make the note special. You could keep the notes in an envelope or a box and read them regularly. Start a cycle of self-love.



Your **INNER VOICE** has a major impact on how you feel about yourself, your relationships, your past, your future, and the world around you. Sometimes this voice is critical and can sit in the background, unnoticed.

It can be hard to silence your inner critic – often that voice is the one you hear the loudest and it can stop you from doing things or from believing and trusting in yourself. In those moments it can be helpful to acknowledge your strengths and imperfections.

Try self-compassion and talking to yourself like you're talking to someone you care about. This can be a safe way of counteracting the harshness of your inner critic while still listening and being mindful of the message. You can hold yourself accountable and be kind to yourself at the same time.





“ *Self Care means looking after yourself. It means treating yourself as a person who deserves care. Self care is how you take your power back* ”

-Lalah-



GOALS

HOPE can arise from surprising moments that give you a glimmer (no matter how small) of different possibilities or outcomes – especially when things seem dark or uncertain.

HOPE is more than just optimism – it is an action-oriented vision.

Having a vision for the future and taking steps towards making that happen is having HOPE.

HOPE is the belief that the future will be better than the present and the belief that you will be able to make it so.

Hopeful people tend to have a goal and take steps towards it while recognising that there are obstacles and challenges to overcome along the way. They are also Hopeful that they can overcome them.

If you're not sure where to start or what your goals are, something wonderful happens when you put pen to paper. Goals can become concrete – you can almost feel them! Goals inspire you to live with intention, they let you visualise the life you want to lead, and the steps needed to make them happen. They give you a purpose and they give you HOPE.



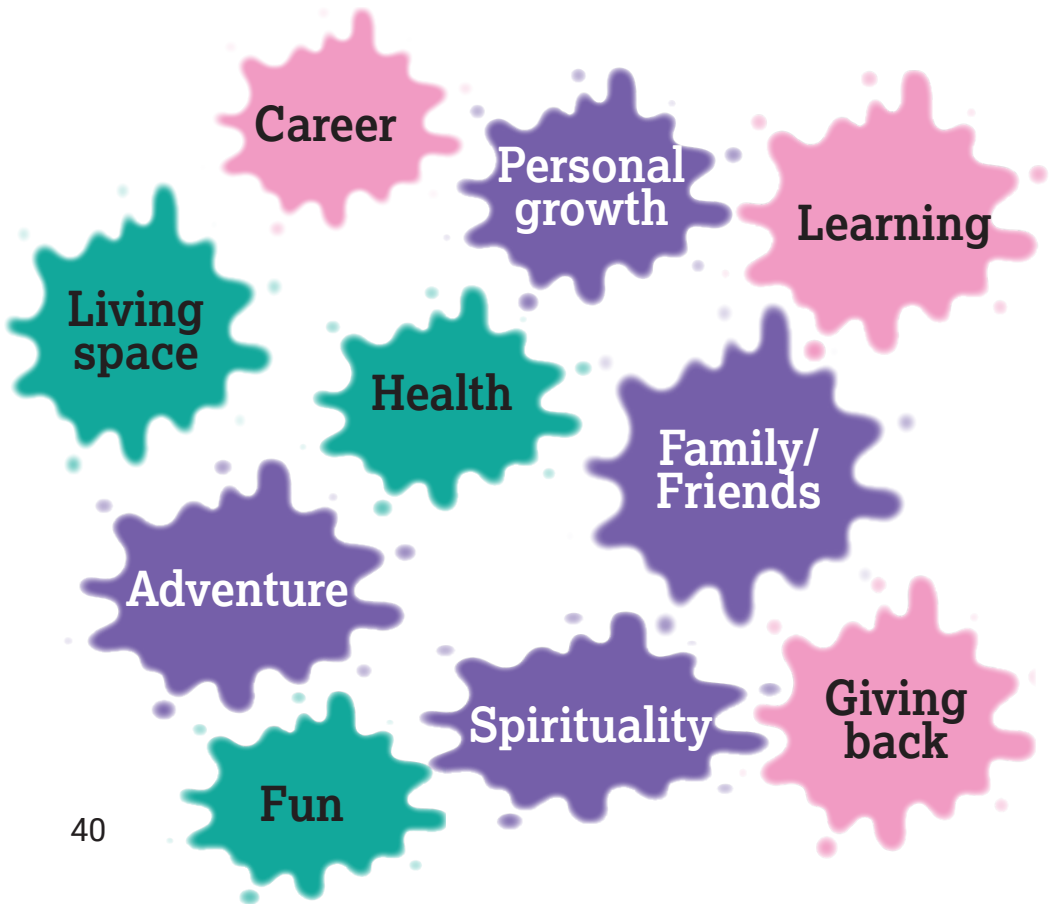
Here is an example of setting some goals – you can use whatever headings or topics fit for you and adapt the table to suit your needs.

When will I complete the actions ?	2 weeks				
Who or what can help me? Or where can I go for help?	Ask my friend to practise with me				
Actions to take or steps needed to get there	Start practising in the mirror				
What do I need to help me achieve this?	Say thank you when I get a compliment				
My Goals	To accept compliments				
Areas of my life	Relationship with myself	Relationships – friends, family, dating	Health and Wellbeing	Work and/or Study	Hobbies and Fun Activities

VISION BOARDS are a great way to get clear about goals and HOPES for the future. They are a collection of images or objects arranged in a way that help you be clear about what you want or need at your core. This board can be physical or digital. Vision boards are highly versatile and can be an exercise in visualising a Hopeful future.

Vision boarding involves collecting words, sayings, images, or objects that speak to the future you want to create and arranging them on a board for a physical and artistic reminder of where you're heading. Creating a vision board is a powerful way of getting to know yourself.

Think about these areas and what you would like to achieve in each...you can choose as many as you like.



HOW TO MAKE A VISION BOARD

Get clear on your intention

Start by asking yourself what do I want to invite or bring into my life? What gives me HOPE? It might be helpful to look back at the goal setting exercise

Focus on your images and objects

Once you're clear on what you'd like to use your vision board for, you can focus on some images and objects that represent your goals. This could be magazine clippings, drawings, or photos—really anything that resonates with you

Start arranging

This is the fun part! Begin arranging and rearranging your board with the images you gathered. Move things around until you feel inspired. It's best not to glue anything down until you have your layout. The most important thing is simply to have fun with the process and take your time

Find a place for your vision board

Once you're pleased with the final product, find a place to put your board where it can provide a daily dose of HOPE and inspiration and a reminder of what you are working towards

Trauma has a way of distancing the **MIND AND BODY**. The body can be a continual reminder of what has happened. As a result, you might avoid really feeling your body, in a conscious or unconscious effort to suppress the trauma memory.

For many survivors, the body is something to just get them from here to there, to get in shape, to be ashamed of, or to not pay too much attention. While it's understandable to relate to your body in these ways, you can reclaim the simple pleasure of just being in your body. Your body is yours, and reconnecting with it is an essential part of realising your wholeness.

Practices like yoga that join mind, body, and spirit are useful in reconnecting with yourself as a whole. If you're not comfortable going to a class, you can look online for some great options.

Here are some other ways to help rebuild connection with your body...

BATHE

Take a bath or a nice long shower, feel the water on your body, and just enjoy the process of washing yourself. Instead of rushing to get on to the next thing, take your time. You don't have to hurry in and out. Just enjoy the feeling of water on your body.

MOVE



Find a physical activity you enjoy doing. The enjoyment part is crucial, so you're not fighting against your body as you do it. Feel your way into your body, noticing even subtle sensations like the adjustments your body makes to keep balance as you move.



RELAX

✦ An automatic reaction to stress or tension is to brace against it, or try to escape it. But that reaction signals to your body and brain that there is danger and heightens the fight-or-flight response. If you're experiencing discomfort try to consciously relax instead of tensing. This practice works well when paired with a calming breath. By easing into the discomfort, we have more control over the situation and ourselves.

LISTEN

Listening to your body and the wisdom it has to give you to let you know what it needs or how it is feeling, is a powerful way of reconnecting to your body. Listening to your body and honouring its signals is one of the ways that we show ourselves love and care.

A strategy you could try now while you read this book is to let go of something with each breath.

**UNCLENCH YOUR FISTS
UNFOLD YOUR ARMS
UNCROSS YOUR LEGS
DROP YOUR SHOULDERS
BREATHE**



SELF-CARE WHEEL

The self-care wheel can be used to expand your self-care practice. The wheel is divided into six segments each focussing on a specific aspect of wellbeing. The idea is to think of a strategy or strategies that suit your lifestyle, personality, and ability in each of the six areas to begin to practise. A sample strategy has been added to each segment for ideas. Add others over time so you have a range of strategies in your toolkit that work for you.



Think of your **ENERGY** and all the things that you must give energy to in one day.

Think of a bucket filled with water. That bucket is your daily energy allocation. Take a jug of water out of the bucket for all the people or things that you give energy to in a day. It could be your children, your friends, your partner, your parents, your work colleagues, your job, study, or sport.

Notice how the water level is going down?

It's important to take some time out for yourself each day to rebuild your energy stores so that you are refreshed and replenished for the next day. If you don't take the time to refill your energy bucket, you won't have any water left to give.

Watch the clouds

-Deb-

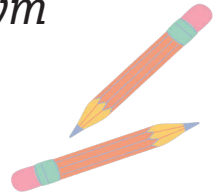


Eat chocolate
-Mandy-

Go to the gym

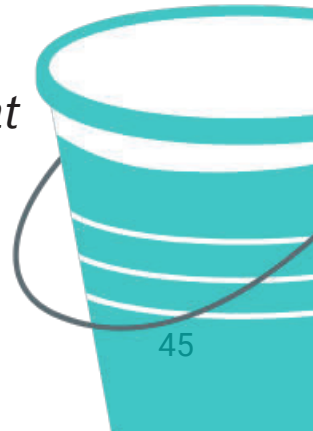
-K-

Draw
-Tracey-



*Chill out in front
of the TV*

-Sam-





SLEEP is an integral part of self-care and plays an important role in healing. Sleep is restorative for all our bodily functions and systems. Sometimes sleeping doesn't come easily when you have a lot on your mind and are feeling anxious. Try these tips for better sleep.

Roll your eyes backwards. Sounds strange, but it really can help as it imitates your eye movement during sleep. Try doing it three times and you should feel yourself relaxing.

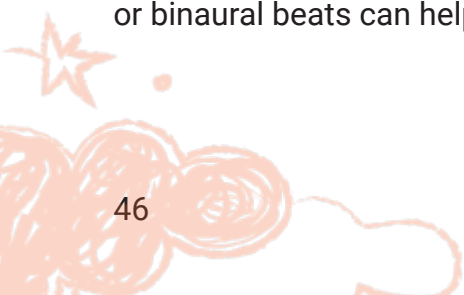
Hum. Studies have shown that the vibrations of humming can relax you and are a distraction from intrusive thoughts. Be sure to choose something that isn't too fast or too emotional.

Wear socks to bed. Warmer feet cause the blood to cool down by dilating blood vessels in your body, which helps your body get to the best temperature for sleep.

Avoid high-intensity exercise right before bed. Do lighter exercises before bed to relax your mind - you could try some gentle stretching, deep breathing, a guided meditation, or Progressive Muscle Relaxation (PMR).

Have a routine for your nights. This is as important as what you do during the day. Schedule a specific time during the day when you allow yourself to worry and try to focus on more positive things as you approach bedtime. The more you worry about falling asleep, the longer you'll stay awake.

If complete silence bothers you as much as small, annoying noises, try falling asleep with soothing sounds. White noise or binaural beats can help you achieve peaceful sleep.



Starting a **DREAM DIARY** can be a useful way of remembering and understanding your dreams. A good place to keep your dream diary is next to your bed so you can write things down straight away. Try and remember as much as you can about your dreams.

Dreams help to resolve problems, face fears or address issues. They are also the mind's way of processing, resolving, or sending messages and solutions to what's been happening.

Day dreaming is also a great way of just letting your mind wander. It can help you resolve issues, see things from a different perspective, reflect on any concerns, think outside the box, inspire you, and give you HOPE.



“ *Everyone must dream. We dream to give ourselves HOPE* ”

-Sarah-

HOPE

*Something I learned about
HOPE...*

*is that all it takes is a
flicker.*

*Full body HOPE is a fine
thing,*

*but when you're so
wounded you can't think
straight,*

all it takes is a flicker.

*A flicker of HOPE changes
everything.*

*Something I learned about
HOPE...*

*is it's not the same as an
answer.*

*When you've thought of
nothing else forever and
still can't find a way
forward,*

HOPE can exist.

It just takes that flicker.

*Something I learned about
HOPE...*

*is how impossible it can
seem.*

*When you're broken and
bleeding and
screaming on the floor,
when you're moving
through life like a robot.*

*When you're tired
and aching
and can't stop crying
and it takes so much effort
just to breathe...*

*My darling, it's ok to not
know the answers just yet.
It's enough sometimes just
to feel and survive it.*

*And while you feel,
and survive,
and breathe,
you'll notice,*

*when you're ready,
the tiniest flicker...*

*and that flicker is all it
takes.*

You'll have HOPE.

*And that changes
everything.*

*Something I learned about
HOPE...*

*is how it's part of our
common humanity.*

*And until you find your
own,
my dearest sister,
you are welcome to
share mine*



*It's a beautiful day
to have a beautiful day.*



FINDING JOY in everyday things is a powerful way of changing your perspective and can encourage feelings of gratitude and HOPE. Celebrating those little things like finding a great carpark, getting a bargain at the supermarket, enjoying a great cup of coffee, hearing an old favourite song, eating something delicious – it could be something indulgent or something nourishing and healthy for your body. Having joy in your life is something that you create with these moments.

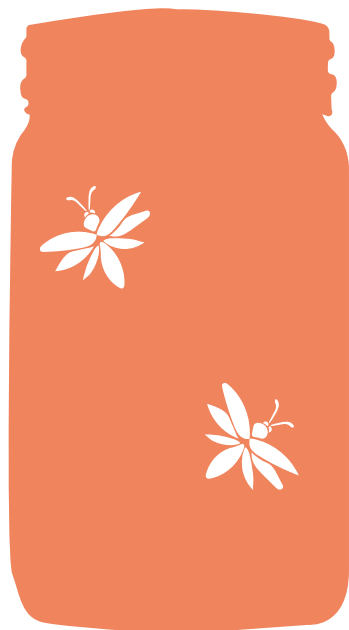
3 things that have brought me joy today are...



Creating joy in your life is recognising that there is no perfect time to be happy – that moment is now.

Understanding your inner world and being kind and compassionate with yourself is a daily practice to nourish your soul and find moments that bring you joy.

You could keep a “Joy Jar” and write down things that have brought you joy. When you need a reminder that there is joy to be found, choose a random note out of the jar.



JOY AND LAUGHTER often go hand in hand. Laughing is good for you in so many ways and has several benefits including;

- ◆ Strengthening the immune system and healing the body
- ◆ Pain reduction, helping oxygenate the blood and expand the lungs
- ◆ Reducing blood pressure and relieving stress and anxiety
- ◆ Producing feel good endorphins
- ◆ Building self-confidence and a unique perspective on things
- ◆ People laugh in different ways and find different things funny, but one thing is for sure – laughter is infectious!

“*Joy is Strength*”

-Therese-

“*Today, fill your cup of life with sunshine and laughter*”

-Megan-



HELPFUL CONTACTS

In an Emergency phone 000

Support Organisations

Gold Coast Centre Against Sexual Violence

(07) 5591 1164

Domestic Violence Prevention Centre

(07) 5532 9000

1800RESPECT: 1800 737 732

www.1800respect.org.au

Lifeline: 13 14 15

Lifeline SMS: 0477 131 114

www.lifeline.org.au

Beyond Blue: 1800 224 636

www.beyondblue.org.au



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