

RILEY'S RAINFOREST



“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar:

Give Yourself a Lift

It's easy to say we should be hopeful, but it's not always easy to do. Try these paths to perking up.

Be positive.

Focus on successes you've had in the past to help you feel more optimistic about the future.



Be real.

Hopeful people tend to be confident but realistic. Choose goals that excite you and let you use your strengths.

Be tough.

One aspect of hope is knowing that there will be obstacles, but having the determination to push past them.

Laugh a lot.

Humor can inspire hope and happiness. Smiling and laughter increase feel-good chemicals in the brain.



Hope Is Healthy

Did you know that our beliefs can impact how our brains respond to illness and injury? Hopeful thoughts can boost our ability to heal and handle pain. If we're sure we're going to feel better, we're more likely to do just that.

The Bahá'í writings say that one way doctors can help patients heal is by giving them hope for recovery. Scientists have observed this phenomenon, too. Sometimes, a pill can work if someone believes it will—even if there's no medicine in it! It's called the **placebo effect**—when patients experience improvement simply because they expect they will.

Positive beliefs help in other ways, too. Want a healthier body? People who are optimistic about the future tend to eat more fruits

and vegetables, exercise more frequently, and say no to smoking. Want to have more fun? A poll of a million people found that hopeful participants tended to laugh and smile much more often than people who weren't as hopeful. Want better grades? Studies of students find that hope helps determine who will do well in school—even more than intelligence or personality.

Wishing and positive thinking aren't enough on their own. In addition to believing there's a way to succeed, hope involves taking steps to get there, even when it might be challenging.

Hope is also contagious. It's boosted by friends and family who are supportive and encouraging. Through our words and actions, we all help the world by spreading hope!

Curiosity Canopy



Did you know? Hope may make you a more successful athlete! Researchers have found that hopeful kids perform better and are less likely to consider quitting sports. And students who took a class designed to raise hopefulness reported increased confidence in their athletic ability.