



Newsletter

No 27

27/05/2021

Dear Students,

I'm such a strong believer in the power of HOPE. During my own struggles with my mental health I relied upon the hope of others to keep me afloat. When I began to take back control of my life, I developed a strong sense of hope for myself and later took my experiences of hope to help others, like me, who, as a result of mental health challenges nearly lost hope.

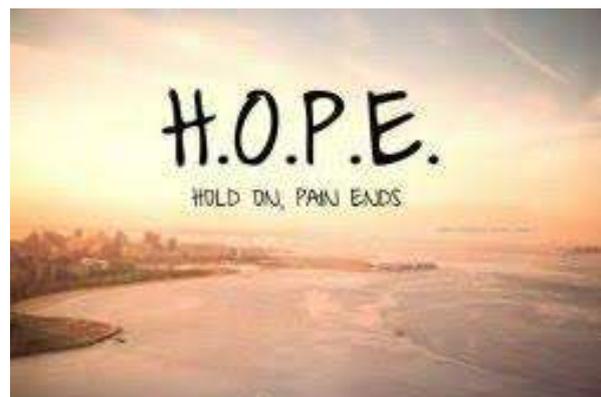
There has been so much hope over the last 14 months. We all hoped for people all over the world to either recover from or avoid Covid altogether. 'I hope I don't get it', 'I hope he gets better quickly', 'I hope we can see our friends and loved ones soon'. Hope is what kept most of us going. That miraculous, invisible and wonderful thing called Hope.

All of you who have attended our 'Welcome to Recovery' Courses over the past 5 years have all spent some time considering what Hope is, how it might apply to you and your life and a strengthened belief and understanding of what hope can and does indeed do for us.

There were indeed so many dark days during the pandemic when we seemed lost, unable to improve the spiralling numbers of people becoming ill and living in threat mode most of the time. Pressure was on. We all needed to do our bit and I think it was Hope that kept most of us plodding on through. We could almost touch or feel hope when we saw communities pull together, the NHS and its staff working day and night to help those unwell with the disease or simply people looking out for one another in so many different ways.

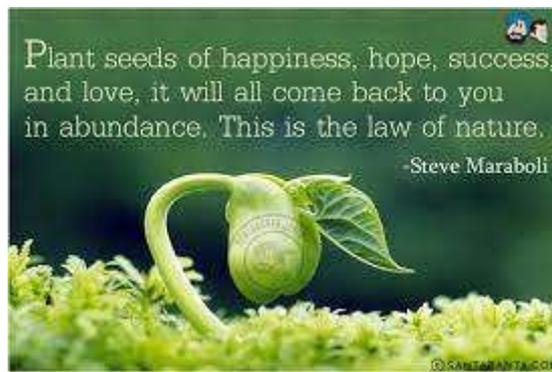
So, my mission this week is to hold that Hope that things will keep improving for us all over the coming months.

Angela and the Recovery in Mind team



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The Way It Is

There's a thread you follow. It goes among
things that change. But it doesn't change.
People wonder about what you are pursuing.
You have to explain about the thread.
But it is hard for others to see.
While you hold it you can't get lost.
Tragedies happen; people get hurt
or die; and you suffer and get old.
Nothing you do can stop time's unfolding.
You don't ever let go of the thread.

William Stafford

Hope - adapted from the Recovery Online website.

Hope is a central aspect of personal recovery, and some would say that recovery is impossible without hope. It is central to sustaining motivation and supporting expectations of an individually fulfilling life. Why have hope? Because recovery is not only possible, but also almost inevitable. Many studies show that most people who experience mental health issues get better, and many people recover completely. With support, between 70 and 90 percent of individuals have a significant reduction of symptoms, an improved quality of life, and find a satisfying measure of achievement and independence. These are facts, and there is no reason for medical professionals or individuals experiencing distress to believe that mental health issues will prevent anyone from leading a satisfying and meaningful life.

Recovery College students have described hope as:

"Looking ahead to the future"

"Believing that things will get better"

"Knowing from experience that 'this too will pass' and things will improve with time"

"Being positive and not giving up"

"Feeling that whatever I'm going through, however hard it is, I can and will get through it"

Barriers to hope and what can help to overcome them...

Issues such as chronic physical illness, negative attitudes of others or unfortunate life events can act as a barrier to hope. It is important to foster hope and there are several things that can facilitate this. Getting appropriate advice and support from health professionals to manage physical pain and other health issues can increase quality of life and help to regain a sense of hope. If the language, labels, and opinions imposed by others are reducing hope, it is vital to focus on the positive connections and influences in your life. Learning more about mental health and different ways to encourage wellbeing can be useful to promote a more hopeful outlook. (For example, attending Recovery in Mind courses).

What gives us hope? Recovery College student contributions:

"Knowing you have some control/choice"

"Having a positive role and purpose"

"Meeting people who have been there and got through it"

"Family and friends believing in my recovery"

"Being listened to and respected as an individual"

"Doing enjoyable, fun activities, having a laugh"

"Recognising our achievements and good qualities"



The place of Hope in literature

Hope is closely related to desire, faith, and possibility. Stories about hope are central not only to the study of literature but also to psychology, social movements, and religious studies. In literature, hope tends to centre on the belief that positive change— either individual or societal change—can or will occur. Hope is an exceptionally common theme in literary works for several reasons. The theme of hope directly addresses one of the foremost characteristics of human experiences: anxiety about the uncertainty of the future. Furthermore, many literary works have plot events spurred on by characters that pursue something they want. Hope of attaining a goal is thus a central part of almost any traditionally structured novel or play. Holding onto hope when confronting seemingly impossible odds is another important theme in many texts; hope in these cases may be closely related to faith in human nature, faith in oneself, or religious or spiritual faith. Additionally, hope can be both an emotional state and also a perspective on reality; as the latter, hope is an example of how a worldview can shape one's actions, often in profound and life-affirming ways. In Greek mythology, "Hope" is part of the story of Pandora's box.....



After Prometheus stole fire from the gods and gave it to humans, Zeus gave Pandora as a "gift" to Prometheus's brother, but she was actually a punishment for Prometheus's crime. Out of curiosity, Pandora opens a box (or jar) containing all the world's evils—diseases, envy, vengeance, and more—and thereby lets them loose upon the human race. The evils spread throughout the world, but Pandora manages to close the lid before the last one—Hope—escapes. The myth provides an explanation of why hope remains, even when all other ills seem to be insurmountable. Some versions also suggest that Hope was by far the most important to keep in the box; if Hope escaped from human possession, human beings would have no way to cope with all the other ills, because without hope human existence would be unbearable. Hope is also a central theme in the Judeo-Christian tradition, and it is especially notable in the Bible in Exodus, Psalms, and the Gospels.

Clearly, the more dire the situation, the more important it is to maintain hope; wilderness survival experts often emphasize that keeping one's hopes up is absolutely imperative. A literary example that shows the importance of hope to survival is Homer's 'The Odyssey'. Odysseus must maintain hope for his eventual return home, and for reunification with his wife and son, through 10 years of war followed by 10 years of hardship and danger while lost at sea. Even as gods and various supernatural beings conspire against his return, as disaster after disaster hits him, and even when every other member of his crew is killed, Odysseus keeps his eye set on his homecoming. His wife, Penelope, undergoes a similar story at their home in Ithaca as she holds on to hope that her presumed-dead husband will return, and she cleverly works to stall the aggressive suitors who conspire against her family. Again, hope is necessary for maintaining courage, dedication, and perseverance, which suggests that it is a fundamental survival skill.

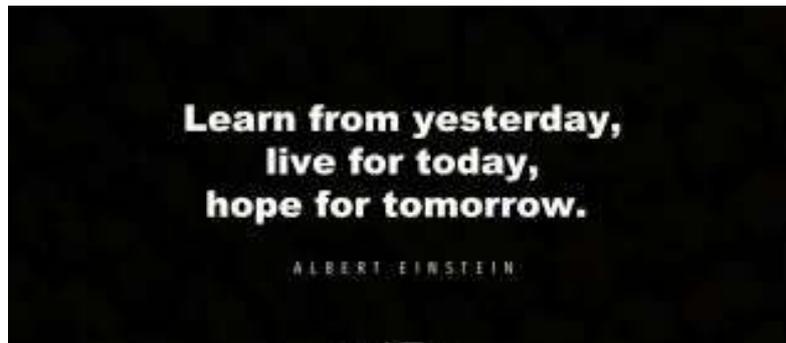
The use of light or fire as a symbol for hope is seen in both Judeo-Christian and other traditions. Light is used as a symbol not only for life but also for the hope of renewal or restoration of what has been lost or separated; it may be for this reason that winter celebrations often use light or fire to symbolize hope that the spring (and new life) is on its way. This imagery of light as a symbol for both hope and life may also be seen in the metaphorical use of the phrase "the light at the end of the tunnel".

It may be possible to generalize that books that discuss the relationships among hope, imagination, perseverance, and the capacity to survive and thrive, implicitly argue that works of the imagination (such as literature) are vital to the wellbeing of individuals and societies.

What books and stories have you read that have a foundation of hope in their make-up?

Maybe we are seeking a 'happy ending' founded on hope? Are we being realistic?

Do you have any simple, hopeful stories of your own that you could pass on to us? We'd love to hear them and could potentially put them in another of these newsletters to pass on the hope to others!



The following poem was written by a student a few years ago following the 'Hope' week on the Welcome to Recovery course.....

HOPE.....

Hope is where I find you,
Not yet here, not yet gone.
Waiting for the moment, in the faith,
time moves on.
A walk
A talk
A cuppa +, shared with laughter & care.
Being still with myself; alone but not
lonely
Holding hands ,a hug, some physical
touch.
Being still in each moment.

HOPE

How are you doing this week? As you have navigated a pandemic, balanced family, and work responsibilities, and kept going, how are you feeling? If you are weary of the false promises, disillusioned with artificial relationships, and disheartened with the political bantering and conflicting opinions, you are ready for an encouraging word. A word of hope would be good.

The Meaning of Hope. As you know, hope means different things to different people. To some, it has religious connotations. To others, it's a strong feeling that motivates them to do great things. Some people think of hope as wishful thinking where they wish for something but have no control over the outcome. Still, others see hope as a genuine possibility of making dreams reality by reaching goals.

So, what will lift your spirits and keep you looking beyond the obstacles you are facing at the moment?



Hope Keeps You Focused. What we know is this, when there is a clear vision and a defined direction, hope is more than wishful thinking. It is the driving force of being able to evaluate the current situation, navigate discouragement, adapt to new realities, and renew the vision of what can and will be. Hope keeps you focused on the direction you are moving during the challenges.

So, slow down for a moment and take some deep breaths. Even hope-filled individuals need a word of hope. We know it will sound strange, but you already know what is needed to move forward. Even though you might feel weary, anxious, and exhausted, you have it within you to get yourself through these days we are living.

Hope Abounds. Even with that in mind, we know that when you are weary, you are more open to doing anything other than what you are doing to get out of the weariness. So, don't give up. Continue to hold before you, the vision of what's next. Feel empowered to look beyond today's challenges to tomorrow's answers.

Don't be afraid to move forward. You know there will be times of disapproval and pressure to conform. But you also know how to evaluate the current situation, navigate discouragement, adapt to new realities, and renew the vision of what can and will be.

Be the hope-filled person you feel you need to face the challenges of today. We know it is easier said than done. But the bottom line, whilst feeling weary, is not to be afraid. When you are weary it is easier to be motivated by fear than by hope.

Fear prompts you to stay with the status quo. It is easier to stay with what you know rather than what you don't know. There is a level of fear that is reasonable. But, when you let your fears take control, you can become paralyzed and do nothing. Hope, on the other hand, gently steers you towards making a difference. By keeping your eyes upon your goal, hope helps you manage your fears. You move from weariness to expectation.

Slow Down for Hope. Jon Meacham, Pulitzer Prize winning historian, writes, "The opposite of fear is hope, defined as the expectation of good fortune not only for ourselves but for a group to which we belong. Fear feeds anxiety and produces anger, hope breeds optimism and feelings of well-being. Fear is about limits; hope is about growth. Fear casts its eyes warily, even shiftily, across the landscape; hope looks forward, toward the horizon. Fear points at others, assigning blame; hope points ahead, working for a common good. Fear pushes away; hope pulls others closer. Fear divides: hope unifies."

When you move forward with hope, you:

- Let trust be the basis for your relationships,
- Offer opportunities for improvement,
- Test your assumptions with others (to find the truth)
- Think more about what you stand for and less about what you oppose,
- Are curious about possibilities.
- Step outside your comfort zone, embrace the risks, and move forward.

Move Forward with Hope

So, slow down for a moment and get some fresh air. Stop what you are doing and refocus on positivity or read your favourite hopeful literature. Call, text, email a friend or colleague, and let them give you a fresh perspective on your life that is hopeful.

Remember, in the midst of weariness, hope is a gift. Don't throw it away.

Move forward with hope. Don't give up!

New Every Morning

Every day is a fresh beginning,
Listen my soul to the glad refrain.
And, spite of old sorrows
And older sinning,
Troubles forecasted
And possible pain,
Take heart with the day and begin again.

Susan Coolidge

WHY HOPE WORKS FOR US

Researchers have found that hope plays a central role in driving persistence, motivation, goal setting and innovation and thereby helps us move forward. In fact, other things being equal, hope has been found to lead to a 14% rise in productivity, apparently. To put that into context, it means hope is worth about an hour a day, so completing a strengths 'Hope Map' is likely to save you time in the long run. So surely, it's worth a try?

HOW TO MAKE A HOPE MAP

One approach to helping people turn their wishes about using their strengths into hopes, was created by Dr. Shane Lopez. It's called a Hope Map, and it's easy to make your own:

1. Take a piece of paper and place it horizontally on your desk.
2. Fold the paper into three sections and open it up once more.
3. On the far right third of the page, write "Goals" at the top. Under that, write down a goal for using your strengths more in your work and everyday life.
4. On the far left third of the page, write "Pathways" at the top. Under that, write down at least three different pathways you'll need to take to reach your goal. You might identify how specific strengths, or a cluster of strengths will make these pathways easier.
5. In the middle third of the page, write "Obstacles" at the top. Under that, write down at least one obstacle for each of the pathways you've identified. One of the things researchers have uncovered about achieving our goals is we're more likely to succeed when we plan for possible obstacles at the outset. This way they don't send us into such a spiral.
6. Around the edges of your page, write down what you can do to maintain your motivation and will power to complete the pathways and achieve your goal or hopes. How will you make the journey enjoyable? Who will encourage you? How will you measure your progress, and your success?

Once your map is complete, your hopes are clearer and you're ready to get on with it. Have a go and see what **HOPEFUL** outcomes you can make for yourself.

HOW TO BE MORE HOPEFUL

Be Mindful of your Expectations- Whether you are an optimist or a devout pessimist you will have certain expectations of the future. To begin developing your hope, become aware of the fact that *you CHOOSE the way you view the future*. You can look on the bright side or the dark side. You can choose to be hopeful. Find opportunities where you can turn pessimism to optimism.

Challenge Pessimism. Pessimists tend to think that looking on the negative side of things is being "realistic." Somehow, it seems more realistic that things will turn out bad, but there is no more self-deception in looking on the bright side than the dark side. Think of something you feel pessimistic about. Whatever your subject is, you will know certain facts about it and have some uncertainties. Now consider how you are using those facts and uncertainties to falsely create a negative and how you could instead use them to create a positive.

Understand what causes your pessimism. Continuing from the above; there will be a reason why you are choosing to be pessimistic at times. Often, it's because you are afraid to look positively at something and end up potentially being hurt.

To counteract this, tell yourself that even if you do end up disappointed you will then turn that disappointment to a positive. To illustrate this: imagine you're awaiting your driving test results. You know you could pass; you know you could fail, but you're going to choose to believe that you've failed simply to save yourself from disappointment (this is the pessimistic outlook). You can, however, look optimistically and still avoid disappointment. To do so, realise that you'll likely pass the exam (optimism) but that even if you don't you will turn failure to a positive, for instance by learning lessons from the experience that strengthen your character and set you up for future success (optimism that safeguards you from disappointment).

We **HOPE** this process works for you!

Holding onto Hope

You may hear people talk about holding onto hope and that can mean different things for every one of us. Hope can be a desire for something to happen, a wish for things to change for the better or a particular dream or aspiration. It is important for us to have hope in our lives, important for us to look positively into our future and is a major protective factor in helping us tackle potentially difficult or intrusive thoughts. Hope is also a very personal thing, and it is important that you do not measure your goals influenced by others. Your aspirations are personal and important to you.

Why is hope important? Hope reduces feelings of helplessness, increases happiness, reduces stress, and improves our quality of life.

Let's look at both positive and negative aspects of hope to gain an understanding as to how it impacts a person's thinking, feelings, and behaviours by looking at the relevant scenario below:

Hopeless	Hopeful
Thinking	Thinking
I can't cope I don't see a way out I'm so upset with everything	I need help with this We can get through this This is a setback, but we can adjust
Feelings	Feelings
Frightened Worried Hopeless	Anxious (normal response in humans) Determined Hopeful
Behaviour	Behaviour
Stay in bed Have arguments with loved ones Isolate and withdraw	Reach out for help Support loved ones Keep in contact with others

Hopelessness is a feeling that things will not and cannot change and creates a sense that there is no solution to a problem, which can negatively affect your mood. Whilst hopelessness is obviously not a sole cause of this, having hope in our lives can significantly reduce the risk. **Hope is an incredible strength and protective factor in our lives.** There may be times you are challenged with believing there is hope. Try not to be hard on yourself, this is normal.

Self-Help Tips to improve your mood

- Attend local support groups
- Counselling - this doesn't always have to be through your GP
- Use helplines for support
- Be mindful of what you eat as this can help lift your mood
- Exercise - this doesn't have to be at the gym - try walking, doing housework faster, or going up and down the stairs. Remain realistic about your goals and abilities.
- Practise mindfulness - you can download apps: Headspace, Calm
- Practise getting into a routine again
- Stay connected with others
- Helping others can really benefit our recovery - or create a gratitude diary to increase your sense of hope.
- Get new skills - keeps the mind active
- Practise breathing - the Headspace and Calm app can help you do this.
- Library - self-help books or stories of hopefulness.
- Recovery in Mind - check out the details on the website. You can attend various courses to help with learning and overcoming your challenges or learning how to live a better quality of life.



Positive Impacts of Hope...

- Gives you a reason to get out of bed every day
- Improves mental wellbeing
- Benefits your physical body
- Helps with the immune system as it reduces your levels of stress
- Increases self-worth, self-esteem, and your confidence
- Encourages you to take positive action
- Encourages you to surround yourself with like-minded people
- Reduces sadness and anxiety
- Creates opportunities

Sometimes we need help to see things in a different way, sometimes we need to change parts of our lives, whatever it may be. There is support out there to help you find the strength to believe that hope is a possibility, and it can help us change the way that we live.

We HOPE you give hope a chance!

Remembering Kate – A Story of Hope

What is unusual about this woman, my mother, that makes me want to share her story with others?

Raised on a farm in the rolling hills of Pennsylvania, Kate never quite fit the typical image of a quiet, proper, and demure Pennsylvania Dutch girl. Unlike her two sisters, she was outspoken, assertive, and mischievous, qualities not admired in a young woman at that time. She questioned why they had to sweep the sidewalk when the rain would clear it anyway, and why they had to keep the house so clean.

After completing college with a degree in nutrition, having a brief career as a county extension agent, marrying and having five children (I am the middle child), Kate spent 8 years of her life, from the ages of 37 to age 45, in a state mental institution. She was diagnosed with severe and incurable manic depression.



Before the hospitalization, our family life was nearly idyllic. Kate had left behind her career to spend full time engaging her family in a variety of activities from gardening and raising chickens to sewing and cooking. She supported and encouraged activity, creativity and individuality. I will never forget the homemade french fries and fried dough that warmed us on cold winter days. Even though her hospitalization began when I was eight years old, she left with me a rich array of skills I have used all my life and a love for the natural world which has sustained me through many hard times.

Sometimes when we went to visit, she was in a very severe depression, thin and unkempt. She pulled her hair back severely and always wore the same clothes. She hardly knew we were there. She would repeat over and over words we didn't understand while she walked in circles, wringing her hands and crying. At other times she was very exuberant, laughing and talking loudly, behaving in a manner that was bizarre and embarrassing.

Her doctors told us to forget about her, that she was incurably insane and would never get well. We (her five children) went to visit her every Saturday, even after the doctors told us not to come anymore.

When she had her first episode of deep depression, she had no support. I am not sure anyone knew how to give her the kind of support she desperately needed. Close family members lived far away. My father was away for weeks at a time working on the railroad. We lived in a rural setting and the task of caring alone for five small children may have overwhelmed her. She had no opportunity to get together with other women.

I often wonder how she might have responded when that first depression set in, if, instead of being taken off to the hospital and isolated from the people who loved her and the world she knew, she had

been surrounded with loving caring friends and family members. They could have taken over her responsibilities for a while, perhaps someone could have even taken her on a vacation. Suppose they had just sat with her, listened to her, and held her while she cried. Instead she was separated from the few people she did have in her life. In the hospital, no efforts were made to encourage patients to support each other. And there was little staff available to give support to the multitudes of patients.

As a child I always thought it was my fault my mother got sick. I didn't know what I had done to cause her illness, but I thought that if I said the right thing to her she would get well and stay well. The only trouble was, whenever I was alone with her, I didn't know the words to say.

The atmosphere in the hospital was abominable, as state psychiatric institutions were back then. It was crowded, dark and smelly. She slept in a large room which she shared with forty other women. There was only a small nightstand between the beds for personal belongings. No privacy. No rest. No peace. Dealing with forty others with symptoms as severe as hers. She recalls that the food was horrid, and being the wonderful cook she was, she would have known. She had very limited access to doctors and there was little staff to meet the needs of all those patients. Not much of a prescription for recovery. No one was expected to get well. It was a holding tank, a place where people were managed, not cured or helped to recover.

People diagnosed with manic depression in those days (the late 1940's and early 50's), before the advent of psychiatric medications and the focus on psychotherapy and recovery, people with symptoms as severe as the ones she experienced, were expected to live out their lives and die alone in a back ward, forgotten by family and friends. But not Kate. After eight years of severe, recurring psychotic manic and depressive episodes, Kate got well. And she stayed well until her death at the age of 82, 37 years later.

What does her story have to tell us and teach us, almost 40 years later?

No one really knows why those awful mood swings stopped. We just know they did. Hospital staff noticed her moods weren't vacillating wildly anymore. In fact, she was helping to take care of the other patients.

She and I spent many hours talking about why she got well, about what made the difference. In fact, she was included in, and the inspiration for, both of my studies: my study of how people with depression and manic depression get by on a day to day basis, and my study of how people with severe mood instability get well, stay well and regain control over their lives. These studies gave me the information I needed to write my books, [The Depression Workbook: A Guide to Living with Depression and Manic Depression](#) and [Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability](#) [now reissued as [WRAP Plus](#)].

As I noted earlier, prior to her first episode, her life was stressful and she had little support. Through most of her hospitalization she had little support. But toward the end of her hospitalization, several things changed.

There was a volunteer at the hospital and a staff member who began to take a special interest in her. They listened to her for hours and hours. She was not used to sharing. She interrupted her monologue with apologies for talking too much. But these two dedicated supporters encouraged her to continue, literally for hours on end. She says she had never felt heard before.

In an interlude between episodes at the hospital, she started what may have been the first support group for mental patients ever begun by a psychiatric patient. It was called Mental Health Fellowship. She began the group with the help of a very fine psychiatrist who took a special interest in her case. Even after she was discharged from the hospital, she went back regularly to attend meetings of the support group and to visit patients who had become as close as family through the years.

There was another factor that we can't really assess, but that needs to be mentioned. One of the nurses started clandestinely giving her a high dosage multi-vitamin. Perhaps chemicals in her body that had gone awry somehow fixed themselves. Who will ever know?

Perhaps it was her own strong will and determination that made her well. We know it wasn't medications. There were none that were effective in the treatment of manic depression in those days. And no one was talking about self-help.

When she got out of the hospital, she faced some serious challenges. Some so immense that they would have sent most of our moods wildly out of control or scurrying back to the safety of a bleak hospital situation. She seemed to have a sense of the importance of support. This was in 1955, before anyone was really thinking about support for the mentally ill. But somehow my mother knew how important it was to her ongoing wellness.

She came out of the hospital wanting to be a mom again. But in the intervening years, we had all grown up, just two of my brothers were left in high school, we were not used to having a mother around and were very independent. My heart sinks when I think of the inadvertent mistreatment and lack of understanding she got from me and my siblings that made her transition back into the family much more difficult. Imagine trying to re-enter a household where you had left a group of children and came back to almost grown adolescents. She struggled and regained her space in the family with little help from us. Adolescence is not a good time to expect much understanding or empathy. To our credit, as we moved into adulthood, we became much more supportive and an ongoing source of pleasure for her. When she died at the age of 82, she left behind her role as matriarch of a huge family including her 5 children, 24 grandchildren and 16 great-grandchildren who adored her.

Recovering from a devastating illness, she was faced with the stigma that is the constant companion of anyone who has been diagnosed with a psychiatric illness or spent time in a mental institution. She took more educational courses as she went through the heart-breaking process of being refused job after job.

Finally, someone took a chance. They needed a school lunch manager at a school in New Haven, CT - a junior high and high school in a section of the city that had the highest rates of crime and

delinquency. Under her guidance, the staff prepared healthy meals that appealed to the kids, causing a rapid rise in the number of students in the hot lunch program. She took the time to know each student by name, to understand their circumstances and to prepare foods that were ethnically and nutritiously appropriate to their needs. Some of the mothering time she lost with us, she bestowed on those very needy kids.

And then she began to systematically connect with people in the community. She met people through her work as a dietician, in her church, in the local grange and through a variety of volunteer activities. Sometimes the stigma created by her long hospitalization caused her to be ostracized and rejected. People made rude comments that hurt her to the core. I remember hearing her crying herself to sleep at night. But she pressed on.

There were several key ways she built her support network. She kept in touch with people. Not overwhelmingly, by constantly bothering them, but by a quick phone call to check in, dropping by with a loaf of freshly baked bread, running an errand for someone or sending a card. Before long people began to forget that this vivacious woman had ever been in a mental hospital. She was always there for others, and then when she needed support it was always there for her. If she liked someone (she almost always did), she made sure they stayed in her life by keeping in touch and making plans to spend time together. Because of this her life was very rich. I don't know if she developed this support systems intentionally, but she certainly did it right. Her ongoing wellness was dependent on her strong connection with others, so that became the focus of her life. It not only kept her well, but as it evolved, her life became richer and richer.

She knew how to keep her support system strong. And that was by being MUTUALLY supportive. In fact she gave much more to others than she ever needed, wanted or expected in return. In early November she began sending out Christmas cards to all the people on her extensive list. Sometimes I got several because she found a new one that she thought I would enjoy. If she was picking blueberries, she picked extras and delivered them to people she cared about. She was always volunteering to take friends shopping or out for lunch. When she worked at the church rummage sale (which she did until the day before her stroke), she was always on the look-out for something one of her friends or family members could use. She phoned and wrote regularly to keep in touch with others. She was always available to listen when anyone needed to be heard.

By giving support to others when she could, she got it for herself when she desperately needed it. The things she did for others became second nature to her. She used her support to keep mania and depression at bay following her discharge from the hospital. When she was having a hard time, she called up one of the many people she knew she could trust and shared with them her innermost feelings. They would often spend time with her, supporting her until she was ready to resume her normal activities. Her own brand of mutual support enriched her life.

Often when we think of someone who has had manic depression as severe as my mother's and who was hospitalized for a long time, we might expect that when they got out of the hospital, their life would

be limited and isolated. Not true in her case. Because she was so supportive of so many people, others loved and supported her.

In the spring of 1994, at the age of 82, she had a major stroke which left her unable to speak or move her right side. This time her hospitalization was different. She was a patient in a magnificent facility associated with the retirement community where she lived with my father. She was in a beautifully decorated private room and received loving attention from a staff which catered to the needs of the elderly.

The hospital staff, however, was not prepared for the overwhelming support she received. As soon as her massive community of support heard what had happened, they started to come. A continuing procession. Family members and friends filled her room around the clock, wanting to be sure she didn't feel alone for even one minute. Some just peeked in and let her know they were there. But most stayed, sometimes all day and overnight. The facility really didn't have rules to deal with a situation like this, so they just let it happen. Literally hundreds of people came along with stacks of cards and so many flowers that we had to find other people to give them to, as the room was full.

When she died a month later, the two memorial services were packed to overflowing, a testimony to a woman who survived a horrible mental illness and who received all the support she needed for herself because she gave so much to others. She died surrounded by her loved ones. The night before she died, my brother, an organist, played her favourite hymns to take her through the night. My sister-in-law played the keyboard and we sang songs that she remembered from long ago. What a marvellous send-off!

The service at the retirement home was packed with hundreds of people. The flowers were magnificent, a final tribute designed by a very talented granddaughter.

At the second service, intended for family and friends, family members read eulogies and great-grandchildren again sang her favourite hymns. Even the standing room was filled. My brother and Kate's granddaughter played the organ, as she would have wanted.

The graveside service was for family only. It was a beautiful Saturday morning in spring. As we gathered to say good-bye, a beautiful hawk hovered in the sky. When the service was over the hawk vanished into thin air, just as it had come.

Because of Kate, I knew that my diagnosis of manic depression was not the end of the road, that I would, like her, get well, and stay well.

Kate's story, and the story of others who have walked in her shoes, needs to be told again and again. Those of us with psychiatric illnesses need to know that there are many, many people who, like Kate, get well, stay well and lead rich, rewarding and valuable lives.

Story taken from [Mental Health Recovery website](#)
[Remembering Kate – A Story of Hope | Mental Health Recovery](#)

'Hope' Wordsearch

N	O	I	T	A	T	C	E	P	X	E	H	T	I	W	T	N	A	W
L	M	S	I	M	I	T	P	O	E	T	A	V	I	T	L	U	C	O
E	P	O	H	T	S	E	B	E	H	T	R	O	F	E	P	O	H	R
N	O	T	O	P	E	N	C	O	U	R	A	G	I	N	G	W	D	K
N	S	C	L	E	L	A	O	G	E	V	E	I	H	C	A	A	E	S
U	I	E	D	R	F	T	I	O	D	N	A	C	I	F	V	N	T	A
T	T	P	O	C	C	W	H	G	N	I	G	N	O	L	O	T	A	G
F	I	S	N	E	O	I	A	O	N	A	L	P	E	E	I	I	V	A
O	V	O	P	I	M	S	N	A	I	M	S	G	C	S	D	T	I	I
D	E	R	A	V	P	H	K	L	Y	E	A	R	N	R	S	T	T	N
N	M	P	I	E	A	Y	E	M	A	E	R	D	A	U	D	O	O	S
E	O	L	N	C	S	C	R	A	V	I	N	G	R	O	I	H	M	T
T	O	U	E	O	S	E	V	O	R	P	M	I	U	Y	S	A	N	S
A	D	F	N	N	I	R	E	W	O	P	M	E	D	T	P	P	I	T
T	G	E	D	T	O	T	R	O	P	P	U	S	N	S	A	P	A	R
H	R	P	S	R	N	O	I	T	I	B	M	A	E	U	I	E	M	E
G	O	O	H	O	P	E	F	U	L	N	E	S	S	R	R	N	E	S
I	W	H	O	L	D	H	O	P	E	F	O	R	O	T	H	E	R	S
L	S	Y	A	D	R	E	T	T	E	B	N	O	I	S	I	V	N	E

Hold hope for others

Hope

Remain motivated

Hold on pain ends

Self compassion

Ambition

Want with expectation

Avoids despair

Achieve goal

Light at end of tunnel

Hopefulness

I can do it

Improves

Support

Dream

Wish

Yearn

Positive mood grow

Works against stress

Trust yourself

Hope for the best

Envision better days

Encouraging

Cultivate optimism

Perceive control

Hopeful prospect

Empower

Want it to happen

Longing

Endurance

Craving

Hanker

Goal

Plan

Aims



External Links

Songs to encourage hope.

People often turn to music as an inspiration for themselves and here are some songs whose lyrics can encourage hope in us.

Natasha Beddingfield 'Hope' (song to support those with Mental Health challenges)

<https://www.youtube.com/watch?v=H9eqk7Z1O3M>

Gloria Estefan- 'Coming out of the dark' -a song she wrote after her recovery from a serious accident in her tour bus.

<https://www.youtube.com/watch?v=QS7qLDizDYo>

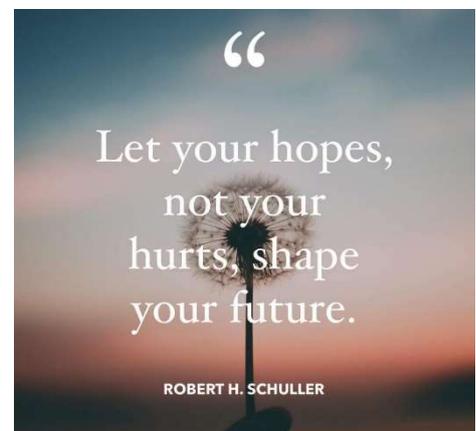
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Sam Cooke- 'It's been a long time coming'

<https://www.youtube.com/watch?v=wEBlaMOmKV4>

Paul McCartney 'Hope for the future'

https://www.youtube.com/watch?v=163_C5UVU-I



Further Help and Support

If you are struggling with your mental health and feel that you need further help & support here are some contact numbers for you:

West Berkshire Community Mental Health Team- 01635 292020

CRHTT (Crisis Response and Home Treatment Team)- 0300 365 9999

Samaritans - 116 123

NHS - 111 (number to call should you feel you are physically unwell with Coronavirus or indeed any other physical health condition which is deteriorating.

West Berkshire Community Hub is where you can find out information and support locally for a variety of matters relating to Coronavirus - look at their website (cut and paste this into your internet browser) <https://info.westberks.gov.uk/coronavirus-communityhub>

The Age UK Berkshire Befriending and Buddying scheme is now open for referrals. Enquiries should be made directly to Age UK Berkshire by emailing info@ageukberkshire.org.uk or calling 0118 959 4242

999 is for **EMERGENCY** calls only.