



**PRACTICES TO  
BUILD, SUSTAIN  
AND TEACH  
RESILIENT HOPE**

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• *Do not get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is not the struggle of a day, a week, a month, or a year, it is the struggle of a lifetime. Never, ever be afraid to make some noise and get in good trouble, necessary trouble.”*

— John Lewis

**BRYAN STEVENSON**

**PROTECTING OUR HOPE DYNAMIC**



WHAT DO YOU DO WITH  
STUDENTS TO HELP THEM  
DEVELOP PRACTICES OF HOPE?

Hope is a discipline.

- Mariame Kabe

Hope is a practice.

- bell hooks



# DEFINING WELL-BEING IN LAW

A CONTINUOUS PROCESS IN WHICH WE STRIVE FOR THRIVING IN EACH DIMENSION OF OUR LIVES:



## EMOTIONAL

Value emotions. Develop ability to identify and manage our emotions to support mental health, achieve goals, and inform decisions. Seek help for mental health when needed.



## INTELLECTUAL

Engage in continuous learning. Pursue creative or intellectually challenging activities that foster ongoing development. Monitor cognitive wellness.



## OCCUPATIONAL

Cultivate personal satisfaction, growth, and enrichment in work. Strive to maintain financial stability.



## PHYSICAL

Strive for regular physical activity, proper diet and nutrition, enough sleep, and recovery. Limit addictive substances. Seek help for physical health when needed.



## SPIRITUAL

Develop a sense of meaningfulness and purpose in all aspects of life.



## SOCIAL

Develop a sense of connection, belonging, and a well developed support network. Contribute to our groups and communities.

Adapted from the National Task Force on Lawyer Well-Being



SHARE  
YOUR PRACTICES OF  
HOPE

FILMS

MUSIC

TED TALKS

POEMS

ARTICLES

PRACTICES

TRADITIONS

CELEBRATIONS...

## **DISCUSSION:**

### **NURTURING HOPE IN OURSELVES AND STUDENTS**

- Being honest with students about the depth of systemic and individual obstacles and evils our clients face
- Reframing as a tool to build hope





**REFRAMING  
AS A TOOL  
TO BUILD HOPE**

Meaning	Framing our work in terms of a worldview, a purpose, an ongoing tradition of justice work
Envisioning	Imagining a better future
Client strength	Framing our clients as the resilient survivors and communities that they are
Accompaniment	Framing the work of lawyering as accompaniment on the client's journey



# CONTINUING THE CONVERSATION....

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