

REFERENCE SHEET: Inspire Hope Book Chapters

*Inspiring our people through our stories of overcoming our challenges & sharing our passions*

Chapter (Title)	Description	Definitions/Glossary
<b>ANXIETY</b>	Panic attacks, social, phobia, generalized anxiety, overcoming anxieties, fighting anxieties, healing journey, controlling triggers, etc.	<p>Everyone feels anxious now and then. It's a normal emotion. For example, you may feel nervous when faced with a problem at work, before taking a test, or before making an important decision.</p> <p><a href="#">Anxiety disorders</a> are different, though. They are a group of mental illnesses, and the distress they cause can keep you from carrying on with your life normally.</p> <p><a href="https://www.webmd.com/anxiety-panic/guide/anxiety-disorders#1">https://www.webmd.com/anxiety-panic/guide/anxiety-disorders#1</a></p>
<b>ATHLETES</b>	The challenges of an athlete in the community, in the city, goals, life of an athlete, etc. E.g.: trainer, powerlifting, hockey, broomball, basketball, baseball, etc.	<p>a person trained or gifted in exercises or contests involving physical agility, stamina, or strength; a participant in a sport, exercise, or game requiring physical skill.</p> <p><a href="https://www.dictionary.com/browse/athlete?s=t">https://www.dictionary.com/browse/athlete?s=t</a></p>
<b>BAD HABITS</b>	Drugs, alcohol, gambling, food, gaming, Journey of sobriety, change making, breaking bad habits, etc.	<p>Addiction is a condition in which a person engages in the use of a substance or in a behavior for which the rewarding effects provide a compelling incentive to repeatedly pursue the behavior despite detrimental consequences. Addiction may involve the use of substances such as <a href="#">alcohol</a>, <a href="#">inhalants</a>, <a href="#">opioids</a>, <a href="#">cocaine</a>, <a href="#">nicotine</a>, and others, or behaviors such as gambling. <a href="https://www.psychologytoday.com/ca/basics/addiction">https://www.psychologytoday.com/ca/basics/addiction</a></p>
<b>BULLYING</b>	Cyber, physical, verbal, social, Standing up against your bully, preventing bullying, understanding bullies, etc.	<p>Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have <a href="#">serious, lasting problems</a>.</p> <p><a href="https://www.stopbullying.gov/what-is-bullying/index.html">https://www.stopbullying.gov/what-is-bullying/index.html</a></p>

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<b>CULTURE</b>	Healing in the land, learning the teachings, Goosebreak, Moosebreak, love of culture, etc.	Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts. <a href="https://www.livescience.com/21478-what-is-culture-definition-of-culture.html">https://www.livescience.com/21478-what-is-culture-definition-of-culture.html</a>
<b>DEPRESSION</b>	Going through a depression, overcoming depression, defeating depression,	Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person’s ability to function at work and at home.
<b>EDUCATION</b>	High school, college, university, out of school, “not ready”, pressured, graduating, accomplishing academic goals, etc.	Education is the process of facilitating <a href="#">learning</a> , or the acquisition of <a href="#">knowledge</a> , <a href="#">skills</a> , <a href="#">values</a> , <a href="#">beliefs</a> , and <a href="#">habits</a> . Educational methods include <a href="#">storytelling</a> , <a href="#">discussion</a> , <a href="#">teaching</a> , <a href="#">training</a> , and directed <a href="#">research</a> . <a href="https://en.wikipedia.org/wiki/Education">https://en.wikipedia.org/wiki/Education</a>
<b>GRIEF</b>	Losing a loved one, healing journey	Coping with the loss a loved one is one of life's great difficulties. If you have experienced the pain of mourning, you know that any way to ease the loss is welcomed. While our knowledge and study of grief continues to evolve, it's important to note that not everyone grieves the same way: People have individual patterns and different outlets for grief. There has also been research on stages of grief—denial, <a href="#">anger</a> , bargaining, <a href="#">depression</a> , acceptance—but people do not always experience these stages in any particular order, nor do they experience every stage. Some people suffer added <a href="#">guilt</a> and confusion over a loss, especially if the relationship was difficult. In the worst cases, there are individuals who suffer a form of severe grief known as prolonged grief or formerly complicated grief, which can last months or years. Without help and support, this form of grief can pave the way to isolation and chronic <a href="#">loneliness</a> . <a href="https://www.psychologytoday.com/ca/basics/grief">https://www.psychologytoday.com/ca/basics/grief</a>

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<b>HEALTH</b>	Journey of health, weight-loss, lifestyle change, commitment, challenges, etc.	As officially defined by the World Health Organization, a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity. <a href="https://www.medicinenet.com/longer_life_secrets_pictures_slideshow/article.htm">https://www.medicinenet.com/longer_life_secrets_pictures_slideshow/article.htm</a>
<b>IDENTITY</b>	LGTB2, who am I? Cree, finding my purpose, discovering who I am, them/they	Identity is largely concerned largely with the question: “Who are you?” What does it mean to be who you are? Identity relates to our basic values that dictate the choices we make (e.g., relationships, career). These choices reflect who we are and what we value. <a href="https://www.psychologytoday.com/us/blog/science-choice/201412/basics-identity">https://www.psychologytoday.com/us/blog/science-choice/201412/basics-identity</a>
<b>RELATIONSHIPS</b>	Family, friends, partners,	The way in which two or more concepts, objects, or people are connected, or the state of being connected.
<b>SELF-ESTEEM</b>	Low confidence, self-doubts, failures, no self-love, building self-esteem, acceptance, OR loving yourself, having confidence, accepting yourself, etc.	In <a href="#">psychology</a> , the term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. <ul style="list-style-type: none"> <li>• Self-esteem is often seen as a <a href="#">personality trait</a>, which means that it tends to be stable and enduring.</li> <li>• Self-esteem can involve a variety of beliefs about yourself, such as the appraisal of your own appearance, beliefs, emotions, and behaviors.</li> </ul> <a href="https://www.verywellmind.com/what-is-self-esteem-2795868">https://www.verywellmind.com/what-is-self-esteem-2795868</a>
<b>SELF-HARM</b>	Suicide, attempts, self-harming, journey of healing wounds, etc.	Self-harm, or self-mutilation, is the act of deliberately inflicting pain and damage to your own body and can include cutting, burning, scratching, and other forms of injury. The other forms of self-harm include consuming toxic amounts of <a href="#">alcohol</a> or <a href="#">drugs</a> , or participating in unsafe <a href="#">sex</a> . While self-injury can <i>look like</i> attempted suicide, and some who self-harm go on to actually attempt suicide, many people who intentionally hurt themselves are simply taking extreme measures to distract themselves from their problems and release themselves from unbearable mental anguish. <a href="https://www.psychologytoday.com/ca/basics/self-harm">https://www.psychologytoday.com/ca/basics/self-harm</a>

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<p><b>SEXUAL ABUSE</b></p>	<p>No means no, childhood trauma, sexual abused, healing journey, etc.</p>	<p>Sexual abuse is unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent. Most victims and perpetrators know each other. Immediate reactions to sexual abuse include shock, fear or disbelief. Long-term symptoms include anxiety, fear or post-traumatic stress disorder. While efforts to treat sex offenders remain unpromising, psychological interventions for survivors — especially group therapy — appears effective.</p> <p><a href="https://www.apa.org/topics/sexual-abuse">https://www.apa.org/topics/sexual-abuse</a></p>
<p><b>SPIRITUAL</b></p>	<p>God, Creator, Spirit, Dreams, sharing testimonies of your connection with the Spirit, etc.</p>	<p>Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life.</p> <p><a href="https://www.takingcharge.csh.umn.edu/what-spirituality">https://www.takingcharge.csh.umn.edu/what-spirituality</a></p>
<p><b>VIOLENCE</b></p>	<p>Physical, sexual, psychological, neglect, etc.</p>	<p>"the use of physical force so as to injure, abuse, damage, or destroy."</p> <p><a href="https://en.wikipedia.org/wiki/Violence">https://en.wikipedia.org/wiki/Violence</a></p>
<p><b>YOUNG PARENTHOOD</b></p>	<p>Mothers, fathers, the joys &amp; challenges of being parents, single parents, co-parenting, etc.</p>	<p>Young people becoming parents</p>
<p><b>YOUNG PROFESSIONS</b></p>	<p>Your current job - youth chief, police, administrator, recreation, cultural coordinator, cook, janitor, assistant, etc.</p>	<p>Work, training, skills, certified, etc.</p>