



Well Being

Hope

Definitions

Coping	Management through cognitive and behavioral efforts of specific external/internal demands that are judged as challenging the person's resources.
False hope	Indicates that a specified outcome is not very likely to occur.
High hopes	Concept usually refers to achievement of some goal; namely, a successful outcome to some venture.
Hope	A desire of some good accompanied with at least a slight expectation of obtaining it, or a belief that it is obtainable; expectation of something desirable; confidence in a future event.
Hopeless	Giving no ground for hope.
Little hope	Often applied after an airplane crash, or other devastating occurrence such as a mud-slide regarding finding anyone alive.
Well-being	The state of being happy, healthy, and/or prosperous or some combination of these.