

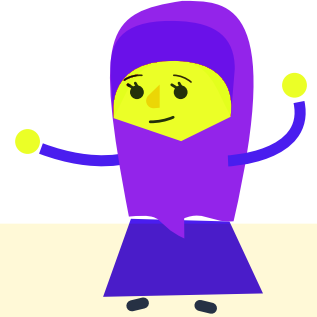
Young carers' hope & optimism pathway



What is hope & optimism?

Children show an ability to have a positive outlook on life and a belief that they have a potential to thrive in the present and future.

[Watch our hope & optimism animation >](#)



Young carers and hope & optimism

If our loved ones are poorly, or if we're overwhelmed with responsibilities, we might feel sad, stressed or worried, and that's ok. But it's important to remember that life is full of highs and lows. Just because we care for others, doesn't mean that we're not allowed to follow our own dreams and desires. In fact,

thinking positively about the future and concentrating on our own goals can help us to cope emotionally during difficult times.

It's ok to have a down day. It's ok to dream.

Try these hope & optimism stormbreaks

