

Hope After Helene

Highlighted Virtues

Caring: to help others; a caring person lives with empathy, compassion and generosity

Empathy: trying to understand another person's situation, entering into the feeling or spirit of others and imagining yourself in another person's situation.

Compassion: feeling of sympathy for the distress of others, with the desire to help

Generosity: giving freely of our own possessions, time and/or talent.

Gratitude: the quality of being thankful; readiness to show appreciation

Hope: confident expectation of achieving a goal or wish; hopes are realized in building and implementing a strategy to achieve a goal

Resilience: the ability to recover from, or adjust to change and difficulties; choosing to use setbacks as an opportunity to learn and grow.

Solidarity: unity from a shared common purpose and / or interest; active loyalty within a group; mutual support within a group; being present with others