

Freedom Dreaming: What Are Your Deepest Dreams and Highest Hopes?

Can you imagine your life or the world free of societal constraints and oppressive forces? What are your dreams and hopes? What possibilities do you see when you look ahead?

To help get started, let's read a poem and do a little writing. Then, try **Freedom Dreaming** and imagine a future where you can live in a world that empowers you to be your true self.

I Dream a World

By Langston Hughes

I dream a world where man
No other man will scorn,
Where love will bless the earth
And peace its paths adorn
I dream a world where all
Will know sweet freedom's way,
Where greed no longer saps the soul
Nor avarice blights our day.
A world I dream where black or white,
Whatever race you be,
Will share the bounties of the earth
And every man is free,
Where wretchedness will hang its head
And joy, like a pearl,
Attends the needs of all mankind—
Of such I dream, my world!



Writing Reflection: What do you feel, see and imagine?

Grab a journal, open a Word doc or find a piece of paper and put down a few words!

- What emotions did you feel as you read the poem?
- What lines or images stood out to you?
- What do you feel when you're confronted with injustice or inequality in the world? Do you feel frustrated, angry or hopeless? How do you work through your feelings?
- Of the ways you work through your emotions, which do you feel support your mental health and well-being? Which do you feel might be damaging to your mental health and well-being?

What's Next?

Trying writing your own poetry, reflection of journal entries that express how you feel, what you're thinking about, and what steps you can take next on your mental health journey.