



Tips: Three Strategies of Resilient People



1. Know that suffering is part of life.

- Knowing this stops you from feeling discriminated against when challenges arrive.
- Resilient people don't ask themselves 'why me?'
- Confront the full range of your emotions and trust that you will bounce back.
- Work through emotional pain and suffering rather than resisting it.



2. Carefully choose where you're directing your attention.

- Acknowledge the good, not just focus on the bad.
- Practicing gratitude: Each day name three things you are grateful for.
- Focus on the things you can control or change and accept what you can't.
- Look for opportunities to empower yourself, you're less likely to feel stuck and helpless



3. Ask yourself: "Is what I'm doing helping me or harming me?"

- e.g. "Is the way I'm thinking and acting helping me or harming me in the short term/ medium term or long term."

e.g. "Is what I'm doing helping me get closer to a life full of meaning and vitality or further away

Reference: Resilience Expert, Lucy Hone (2019) <https://ideas.ted.com/sorrow-and-tragedy-will-happen-to-us-all-here-are-3-strategies-to-help-you-cope/>

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