

# **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.

#### 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

## (*S*) 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: Resiliance Expert, Lucy Hone (2019) https://ideas.ted.com/sorrow-and-tragedy-will-happen-to-us-all-here-are-3-strategies-to-help-you-cope/

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au