

Three Strategies of Resilient People

Life comes with its challenges, but resilience helps us navigate setbacks and move forward with strength. These three strategies, inspired by resilience expert Lucy Hone, can help you build a more adaptable mindset.



1. Accept that suffering is part of life

- Challenges are inevitable—resilient people don't ask, "Why me?"
- Acknowledge your emotions and trust that you will bounce back.
- Work through pain instead of resisting it.

2. Be intentional with your focus

- Notice the good, even in difficult times.
- Practice gratitude by identifying three things you're grateful for each day.
- Focus on what you can control and accept what you can't.
- Seek opportunities to empower yourself—you'll feel less stuck.

3. Ask yourself: "Is this helping or harming me?"

- Consider whether your thoughts and actions are supporting your well-being.
- Ask: "Is this helping me in the short, medium, or long term?"
- Reflect on whether your choices bring you closer to a meaningful, fulfilling life.

Reference: [Lucy Hone, TED Ideas \(2019\)](#)

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