

with Heart

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3 SECRETS OF RESILIENT PEOPLE

Resilience is a word that is bantered around, potentially overused, however it is one word that we can all foster the skills and strategies to become. Dr Lucy Hone (University of Pennsylvania and NZ Institute for Wellbeing & Resilience) shares 3 secrets that we can learn and actively practice in order to become more resilient.

1. Resilient people know that crap happens

When tough times come, resilient people know that life happens, there are sufferings and hardships. It is not 'Why me?' but 'Also me'. This basic level of acceptance can help move people from a place of self-pity, to coming to a realistic understanding of the situation and if so choose, actively doing something about it.



2. Resilient people look for the good even in the worst moments

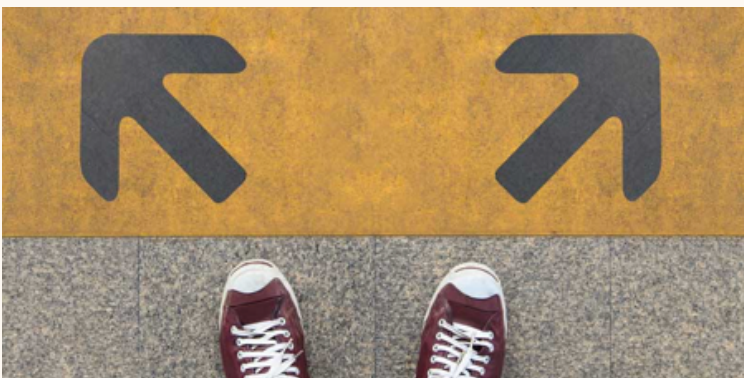
In the science of wellbeing research this is called *Benefit Finding*, which is looking for the good when life seems at its worst. We can selectively choose where we put our attention. Knowing that we have a negative bias – our brains are wired to look out for threats and hold onto the negative things that happen to us – is helpful when moving to safety from a snake or navigating crossing the road.

Not so helpful when our brains do not know the difference between a real or perceived threat. We can practice *Benefit Finding* by quite literally hunting for the good stuff to rewire our overprotective mind.



3. Resilient people pause before making choices

One very effective way of pausing before acting, is by asking first, “Is what I am doing/about to do HELPING or HARMING me?”.



This simple question gives resilient people choice and control over behaviours. Resilient people can stop, reassess what they are thinking or doing by asking if what they are doing or about to do is a helping behaviour or a harming one.

**FOR MORE INFORMATION, SEE
LUCY HONE'S TED TALK OR SPEAK WITH
YOUR COLLEGE COUNSELLORS.**