Worksheet Video *“The Three Secrets of Resilient People”* (TED talk by Lucy Hone 16:20)

youtube.com/watch?v=NWH8N-BvhAw

1. Before watching the video look up the term “resilience” and note down the definition

Resilience: the ability to withstand or recover quickly from difficult conditions

1. Look up the words

Adverse: ungünstig  
adversity: Missgeschick  
appraise: Einschätzen, Bewerten

1. While watching the video answer the following questions:
2. What is Ms Hone’s educational background?
   1. Recilence resurce: University of Philadelphia
   2. A prof. was allowed to help soldiars
   3. Startet to do her doctorial thesis but delayed it because earth quick
3. What is her personal background?
   1. Daughter died in a car accident
4. What examples of traumatic experiences does she mention in her talk?
   1. divorces
   2. aborcane, miss carrige
   3. losing someone you love
   4. bulling
   5. mental illnesses, suicide …
5. What are the three secrets of resilient people according to Ms Hone?
   1. Resilient people get that shit happen – suffering is a part of live
   2. Resilient people are good to choose where to select their attention
   3. Resilient people ask themselves: “is what I am doing helping or harming me”