



PSYCHOLOGY



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Title:

The Secret of Becoming Mentally Strong

Speaker: ~Amy Morin

- Link to the Video: <https://youtu.be/TFbv757kup4?si=rjorbGjSmRbN27w9>

Amy Morin is a psychotherapist whose career was influenced by personal losses. This led her to study individuals with mental strength. Her work likely focuses on the development of resilience and coping mechanisms for dealing with adversity, as suggested by her background in psychotherapy and personal experiences. Amy Morin is also the author of the bestselling book *13 things mentally strong people don't do*

In the TEDx Talk *the secret of becoming Mentally Strong*, Amy morin shares valuable insights on what it truly means to be mentally strong. Rather than focusing on what mentally strong people do, she highlights what they avoid doing. She discussed three unhealthy beliefs that hold us back.

The first belief is self-pity. Amy explains that while it's okay to feel sad or upset, staying stuck in those feelings and repeatedly thinking, "Why me?" only makes things worse. It prevents people from solving their problems and moving forward.

The second is giving away your power. Many people let others control how they feel or act. For example, saying things like, "I have to do this," suggests we have no choice. Amy emphasizes that we always have a choice, even if it's a difficult one. Taking responsibility for our actions helps us regain control.

The third harmful belief is expecting the world to be fair. Life isn't always fair and believing that it should be leads to frustration. Instead, Amy encourages us to focus on effort, resilience, and personal growth, rather than waiting for fairness.

To build mental strength, Amy recommends practicing gratitude, taking personal responsibility, and embracing change. She reminds us that mental strength is like a muscle; it gets stronger the more we use it.

What I found more interesting was how much of our strength comes from our mindset. The idea that we can take back our power by changing how we think really stuck with me. I'll most remember her advice about gratitude. It's a simple habit that can shift our perspective and improve mental health.

If I could ask her questions, I'd want to know:

- What are some daily habits she recommends for mental strength?
- How do mentally strong people bounce back after failure?
- Can anyone develop mental strength, irrespective of their background or age?