

Dr Lucy Hone 

**Thriving Through Loss and Change:
Lessons from science and life.**



**We can't control our circumstances,
but we can choose our response.**

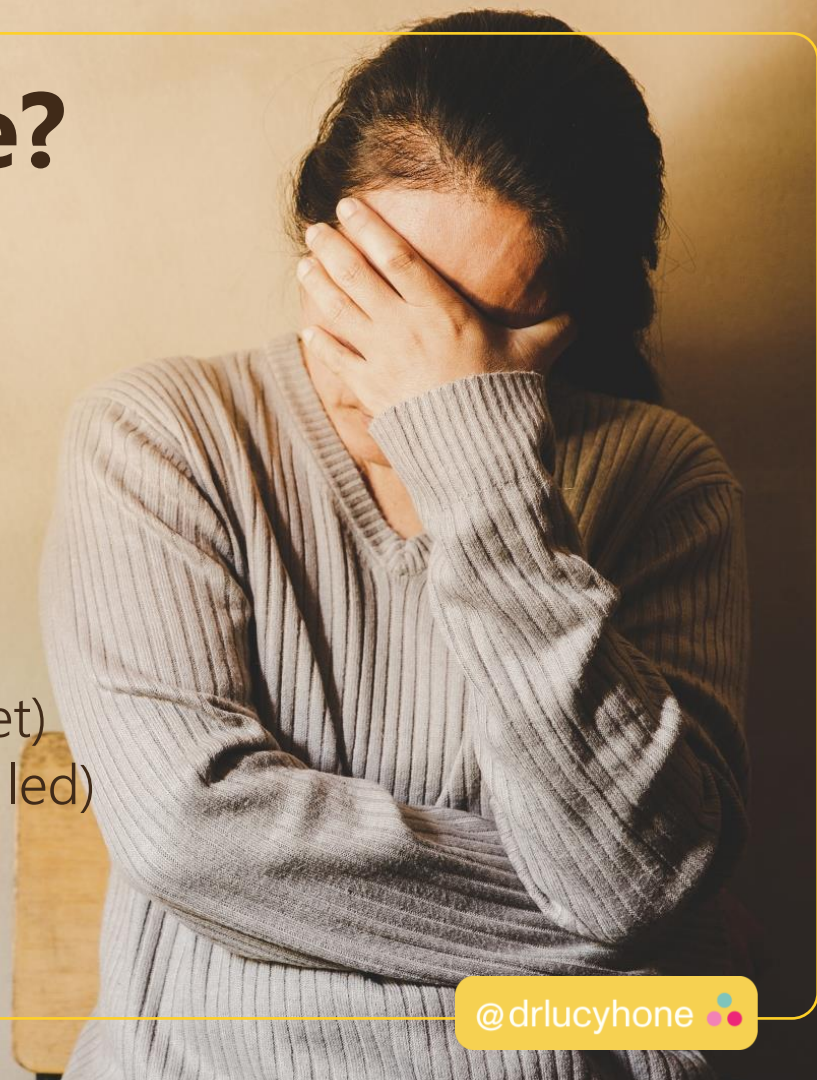
Never give up hope!

Humans are hard-wired to cope with loss and change



What helps us cope?

- Realistic optimism
- Helping others
- A strong moral compass (values)
- Faith/spirituality
- Humour
- Role models
- Strong supportive relationships
- Facing fears (an 'approach' mindset)
- Strong sense of meaning (mission led)
- Physical fitness
- Mental agility

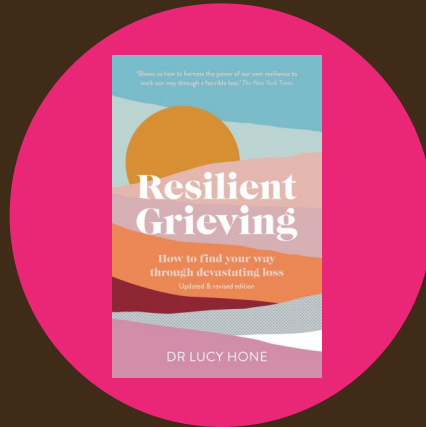


Resilience is...

- Not about “bouncing back”
- “Accepting what is & adapting as best you can”
- Comes from **both** our **internal processes** (thoughts/actions) *and* **external supports**
- A set of learnable skills
- Something we build (and practice) over time.



Research + Lived Experience



TED: 3 Secrets of Resilient People

Dr Lucy Hone



Step #1

Acceptance

Understand that struggle and suffering are part of life.

[illegible]

@drlucyhoney

o will pass

Why does your inner talk matter?

Being kind (self-compassion)

- Cope better with challenges
- Learn more from failure
- Persevere in the face of setbacks
- More motivated

➤ Creates more flexibility, innovation, resilience

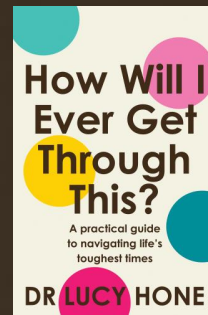
Being critical (perfectionism)

- Less motivated teams
- Procrastination
- Anxiety
- Depression
- Shame

➤ Creates avoidance, shutdown & resistance to change

The Real-not-Perfect Reset

1. It's happened.
2. I can't fix it.
3. I'm Real-not-Perfect: this is all part of being human.
4. What do I need to get through this difficult moment?
5. Is there anything I can learn from this?

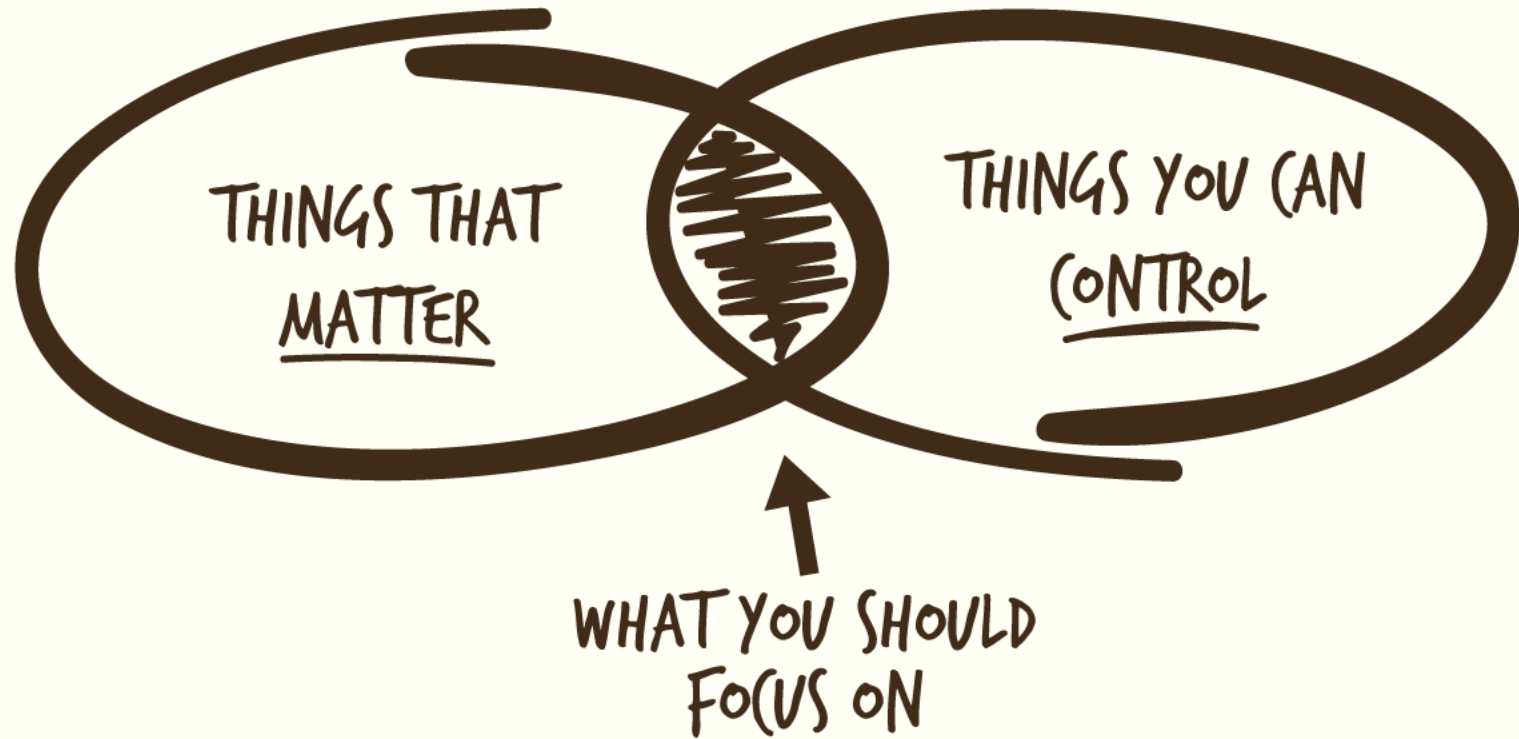




#1 Accept Reality
Reduce self-criticism
and increase
self-support.

Step #2

Focus your attention



Balance your attention by also noticing:

- What's ***still*** good in your world?
- Who's ***still*** good in your world?
- What are you **proud of** personally?
- What is ***still*** true?

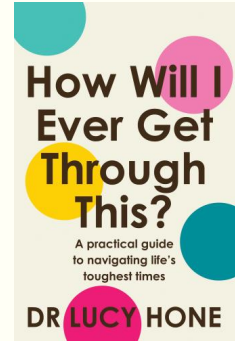


Don't quash the good stuff. Amplify it!

What are your Islands of Certainty?

What people, places, practices & possessions can you rely upon and offer comfort in times of change?

Pauline Boss (1999)



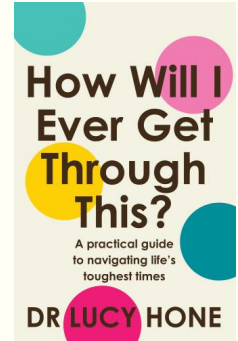
'Islands of Certainty'



Islands of Certainty

Who are the **people** you can rely upon and offer comfort in times of change?

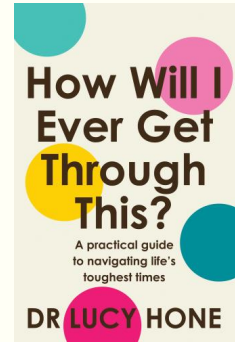
Pauline Boss (1999)



Islands of Certainty

What are the **places** you can rely upon and offer comfort in times of change?

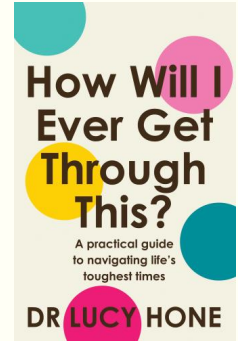
Pauline Boss (1999)



Islands of Certainty

What are the **practices** you can rely upon and offer comfort in times of change?

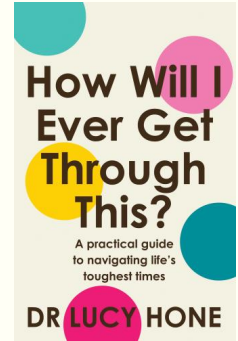
Pauline Boss (1999)



Islands of Certainty

What are the **possessions**
you can rely upon and offer
comfort in times of change?

Pauline Boss (1999)



A silhouette of a person leaning over a railing, set against a teal background with a gradient. The person's head is bowed, and their arms are resting on the railing.

#2 Focus Attention

It makes up your
world.

Step #3

Check your choices.

By asking yourself, **is what I'm doing helping or harming me/us?**

Examples people have shared...

- Is having **14 exclamation marks** in one email helping or harming me look like a grown adult?!!!!!!!!!!!!
- Is **'going in hot'** helping or harming my chances of keeping our team working well together?
- Is **firing off drunk messages to my ex** helping or harming my chances of sorting things amicably?
- Is **saying yes to one more thing** when I'm already stretched helping my whānau or harming them?

A silhouette of a person leaning over a railing, set against a blue gradient background. The person's head is bowed, and their arms are resting on the railing, suggesting a state of contemplation or distress.

#3 Choose

Ask, Is this helping or harming me/us?

Understand that struggle is part of life

➤ **Use the Real-Not-Perfect reset**

Notice where you're **focusing** your attention

➤ **Focus on your Islands of Certainty**

Check your **choices**:

➤ **Ask, Is this helping or harming me/us?**



**You are so much stronger
than you think.**

Free resources - drlucyhone.com/blog



Coping With Grief, Death Loss

How to Talk to
Children About
Death, Grief and
Loss.



Death Loss, Living Loss

How Can I Support
Someone Who's
Grieving?



Death Loss

What to Do in the
First Weeks of Grief



Free resources - drlucyhone.com/blog



Living Loss, Coping With Grief

**Festive Survival
Guide for Those
Dreading the
Holidays.**



Tools That Help

**5 Practical Ways to
Ease Grief
Immediately**



Living Loss, Living Well

**Crying In Public: why
we should stop
hiding our tears**

Free resources - drlucyhone.com/blog (my blogs aren't always about grief)



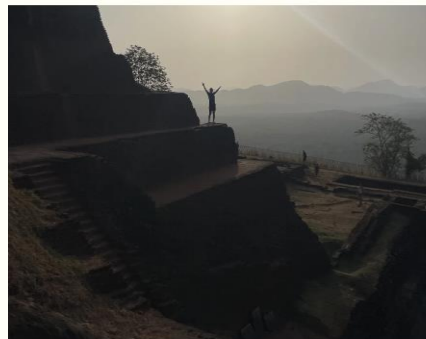
Resilience & Meaning

Fifteen Years On:
What the
Christchurch
Earthquakes Taught
Me



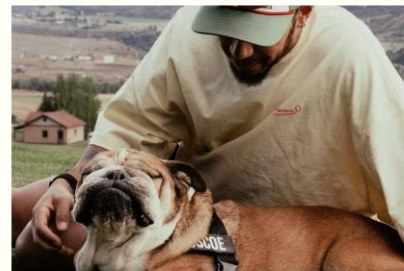
Coping With Grief, Living Loss

Empty Nest Grief:
Living With the
Invisible Loss



Living Well

Not All Holidays Are
Created Equal –
Especially When It
Comes to Burnout



Coping With Grief

The Disenfranchised
Grief of Pet Loss:
Why It Hurts So
Much

One last thing.

Nothing about how you are feeling is wrong. There is no timetable you need to follow, and no standard you need to meet.

About Me



I'm **Dr Lucy Hone**, a researcher who studies how people adapt after loss, and a bereaved mother, sister and daughter too. I've felt your pain and walked in your shoes.

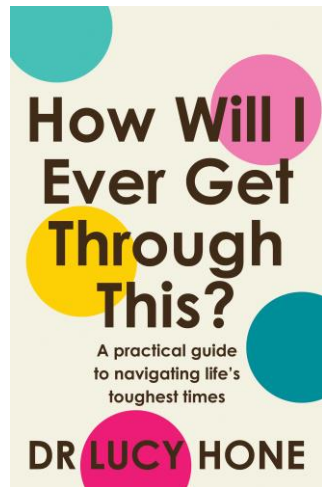
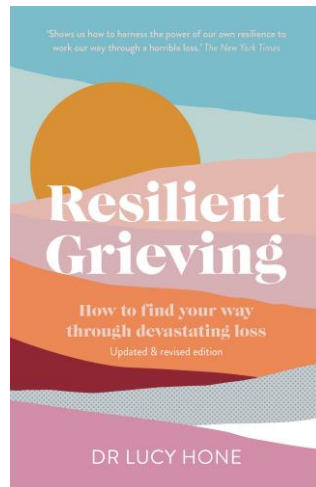
If and when you're ready, you can find gentle support, reflections and resources for the days, weeks and months ahead at drlucyhone.com

Surviving the First Days of Grief

*A short message from resilience researcher
and grief expert Dr Lucy Hone*

@drlucyhone





- **Today's slides**
- **Summary** Tip Sheet of today's tools
- **TED talk**
- **Grief handout** (print and share)
- **Socials @drlucyhoney**

