

## COPING, RESOURCEFULNESS & LIFE HACKS

What does being resourceful have to do with coping? Some theorists say that **those who are resourceful can reduce the negative impacts of stress on how they perform.** As in, with resourcefulness, one can pivot, adapt, shift, reframe, and so on. In the face of a "no," a mistake or a failure, or a barrier, here are some questions that resourceful students can ask themselves:

- Is there a workaround?
- What can I do different to move closer to what i want?
- Who can I turn to for help?
- Who can I turn to for allyship or advocacy support?
- Who has helpful information or insight?
- Is what I want *really* what I want?
- Is how I'm going about what I want the only or best way?
- Are there other possibilities of what I want, and other pathways to get there?
- Is there one more way I can think about this creatively and give it another or different try?
- What might someone I consider successful, or who I admire, try in a similar situation?
- I have led from my top character strengths?

Another way to think about resourcefulness is *what life hack can I try here?*

**What are *your* life hacks?**

Source: Ryerson University - [Thriving in Action](#)

