

# Focused and Resilient

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## Synopsis

This is what is referred to as aggression, that is, staying focused on the goal. Also, he never allowed self-pity to overcome him, though being conscious of his plight, he would not venture out during the day, as he did not want to attract any sympathy. Finally, overcoming a bad emotional experience in any kind of adversity is resilience.

Egyptian paralympian Ibrahim Hamadtou lost both his hands at the age of 10. He visited Tokyo Olympics and was a source of inspiration to the players. Ibrahim uses his mouth to hold the table tennis racket and makes high-toss serves with his foot. He has won many international awards at the age of 43 and also made it to the qualifying round at the Rio Olympics. Closer home, Bhagwat Chandrasekhar, who was affected by polio at a young age, became a legendary leg-spinner; his bowling being a nightmare for the batsmen facing him on the pitch. In an interview, Ibrahim said that his friend had advised him to stick to something he is good at.

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The book, Resilience: The Science of Mastering Life's Greatest Challenges, suggests that three factors can boost one's resilience: realistic optimism, social support to raise the levels of oxytocin chemical and physical exercise that can increase the brain power.

Recent research suggests that most experiences involving the two are an outcome of nature and nurture in a specific context - environment. Ibrahim Hamadtou is a proof of that.