



American Expression E1742 Take it in stride

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"Take it in stride" is a common English idiom that encourages a person to handle a situation or difficulty with composure, resilience, and a calm demeanor. The phrase suggests that when faced with challenges, setbacks, or unexpected events, one should neither overreact nor be overwhelmed by them but should instead maintain a steady and composed approach.

The origin of this expression is believed to be rooted in the world of horseback riding. Stride refers to the length of a horse's step or gait while moving. When a rider is on a horse, they need to adapt to the horse's stride to maintain balance and control. If a rider cannot adjust to the horse's movements and becomes tense or anxious, it can lead to discomfort, instability, or even falling off. Therefore, taking the horse's stride in stride means riding smoothly and confidently, without letting the horse's movements unsettle you.

In everyday conversation, "take it in stride" is used in various contexts to encourage someone to respond to life's challenges or unexpected events with grace and resilience. It implies that instead of panicking, getting upset, or becoming overly emotional, it's more beneficial to remain composed and adaptable.

For example, if someone receives constructive criticism at work, a colleague might advise them to "take it in stride." In this context, it means that the individual should accept the feedback gracefully, consider it as an opportunity for improvement, and not become overly defensive or upset.

Likewise, when facing a personal setback or disappointment, a friend might offer the advice to "take it in stride." This suggests that the person should acknowledge the difficulty, but not let it consume them emotionally or prevent them from moving forward with their life.

In sports, "take it in stride" is often used to motivate athletes to overcome challenges and continue competing despite setbacks. For instance, a coach might tell a basketball player who missed an important shot to "take it in stride" and focus on the next opportunity to contribute to the team's success.

In essence, "take it in stride" promotes emotional resilience, adaptability, and the ability to maintain one's equilibrium in the face of adversity. It encourages individuals to approach life's ups and downs with a balanced perspective, recognizing that setbacks and challenges are a natural part of the human experience.

In conclusion, "take it in stride" is a valuable idiom that encourages individuals to face life's challenges and difficulties with composure, adaptability, and grace. Whether in the workplace, personal life, or sports, this expression advises against overreacting or becoming overwhelmed by setbacks, instead advocating for a steady and composed response. By taking situations in stride, individuals can navigate life's twists and turns with resilience and maintain their emotional equilibrium.

#### Questions for Discussion

1. Can you share a personal experience where you had to "take it in stride"? How did you handle the situation, and what did you learn from the experience?
  2. In what areas of life do you think it's particularly important to be able to "take it in stride," and why?
  3. How can one cultivate the ability to "take it in stride" when faced with unexpected challenges or setbacks? Are there specific strategies or mindset shifts that can help?
  4. Can you think of any historical or contemporary figures who are known for their ability to "take it in stride" in the face of adversity? What can we learn from their examples?
  5. Do you believe that the ability to "take it in stride" is a valuable trait for personal growth and resilience? How might it impact one's overall well-being and outlook on life?
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