

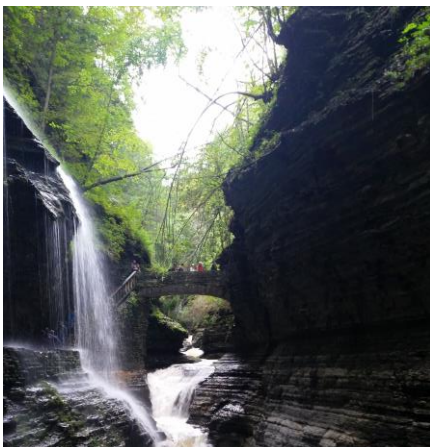
LEARNED RESILIENCE

NEWSLETTER ∞ MAY 2020

Volume 1/Issue 3

MISSION

Learned resilience focuses on building your adaptive capacity by developing strategies for life's changing seas. Our goal is to coach you through rough waters by building your confidence to face inevitable changes and transitions in your life. Through coaching and workshops you'll develop your inner resources and a network of support that will guide you through your journey,



Watkins Glen

Welcome to the May issue of our newsletter devoted to all things about *learned resilience!*

Each month, a new issue will arrive on your virtual doorstep packed with news and ideas to help you feel more confident as you navigate the uncharted waters of our world today. As you can surmise from the photo above, there is little in life that is a clear, straight course to happiness and success. There is turbulence in those waters. The only thing that is certain is uncertainty. Rapidly changing events and emotions can seem overwhelming at times. Let's develop your personal plan and find the tools that help you overcome the obstacles that inevitably occur along your journey. You can find calm amidst the calamity.



Inspiration for May

The pandemic extended our winter hibernation. Naturally, we are anxious to get outside to enjoy spring. The vibrancy of the season is bursting forth with opportunities to grow into the beings we envision and aspire to be. While we want our senses to come alive, let's be sensible in consideration of everyone's health, so we can all stay alive to see summer, autumn, and next winter for years to come.

Sonnet 98 - William Shakespeare

In this sonnet, Shakespeare expresses regret about missing spring due to his absence from his beloved. Like many of us now, he felt his winter extended due to the distance. Shakespeare might not have had social distancing in mind when he wrote this, but it does speak to the timelessness of his work.

From you have I been absent in the spring,
When proud pied April dress'd in all his trim
Hath put a spirit of youth in every thing,
That heavy Saturn laugh'd and leap'd with him.
Yet nor the lays of birds nor the sweet smell
Of different flowers in odour and in hue
Could make me any summer's story tell,
Or from their proud lap pluck them where they grew;
Nor did I wonder at the lily's white,
Nor praise the deep vermilion in the rose;
They were but sweet, but figures of delight,
Drawn after you, you pattern of all those.
Yet seem'd it winter still, and, you away,
As with your shadow I with these did play.



*"Hope is the thing with feathers,
That perches in the soul,
And sings the tune without words,
And never stops at all."
∞ Emily Dickinson*

News and Events

COVID - 19 has prompted all of us to adapt our lives rapidly to new realities. To meet that need, Mary created a series of articles called [Heroes@Home](#). This series focuses on ways to use your time in isolation for reflection and reimagining your future. Some of the themes include the following:

- *When what's best for me is we* (<https://www.maryedson.com/blog/heroeshome-when-whats-best-for-me-is-we>)
- *Transitioning from life running you to you running your life - the value of routines and norms* (<https://www.maryedson.com/blog/heroshome-transitioning-from-your-life-running-you-to-you-running-your-life>)
- *Transitioning from life running you to you running your life - foundations for constitutional care* (<https://www.maryedson.com/blog/heroeshome-part-ii-transitioning-from-life-running-you-to-you-running-your-life>)

These articles were posted on LinkedIn (Mary's profile) and Facebook (Tompkins Mutual Aid)

Be sure to check out the blog postings at www.maryedson.com/blog



Cornell Arboretum

Do you have questions? Do you want information about a coaching session or workshop?

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The website for Learned Resilience launched in February. Mary began working on two new projects – writing a book and designing a workshop. As these projects come into clearer view, stay tuned for the latest updates about publication and invitations to events through this newsletter and the website (maryedson.com). Keeping you on course is the top priority, so Mary will continue to meet with you and her other coaching clients during this time.

ABOUT THE ∞

You've likely seen the use of ∞ as a sign of infinity or eternity in mathematics, science, and elsewhere. The use of this symbol relative to resilience is evocative of the Adaptive Cycle researched and developed by Lance Gunderson and C.S. "Buzz" Holling, published in

Panarchy: Understanding Transformations in Human and Natural Systems (2002). Their model illustrates the cycle of adaptation as exploitation, conservation, release, and reorganization. My group development research drew parallels with this model extending it through principles of complexity – self-organization, hierarchy, emergence, and learning. This forms the foundation of learned resilience. Be sure to check out the blog and future newsletters for more details about how this cycle applies to you and your life.