

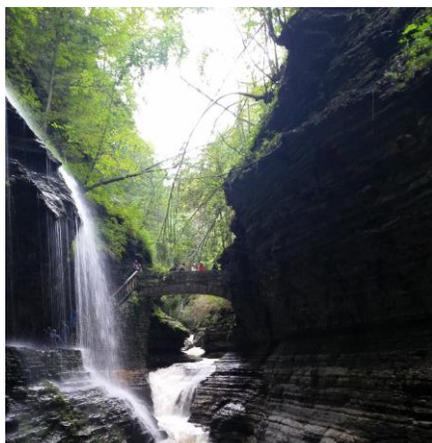
LEARNED RESILIENCE

NEWSLETTER ∞ JUNE 2020

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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 will develop your inner resources and a network of support that will guide you through your journey.



Watkins Glen

Welcome to the June 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. 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 June



More than anything, we are in need of hope and love during these turbulent days of pandemic and injustice on multiple levels. We are reeling from the realization that nothing is "normal" anymore. Use the heartbreak to propel you toward your vision of who you want to become. Lyrics from Love's In Need of Love Today by Stevie Wonder (*Songs in the Key of Life*, 1976) bring a fundamental truth into clear view. Here is a particularly relevant passage. You can hear it at

https://www.youtube.com/watch?v=_ZditPOzJwM

The force of evil plans
To make you its possession
And it will if we let it
Destroy everybody
We all must take
Precautionary measures
If love and peace you treasure
Then you'll hear me when I say oh that

Love's in need of love today (Love's in need of love today)
Don't delay (Don't delay)
Send yours in right away (Right away)
Hate's goin' round (Hate's goin' round)
Breaking many hearts (Breaking hearts)
Stop it please (Stop it please)
Before it's gone too far (Gone too far)

JUNE'S POEM

ars pasífika - Craig Santos Perez

when the tide

of silence

rises

say "ocean"

then with the paddle

of your tongue

rearrange

the letters to form

"canoe"

Copyright © 2020 by Craig Santos Perez. Originally published in Poem-a-Day on May 22, 2020 by the Academy of American Poets.

Perez is author of five books of poetry, including just released *Habitat Threshold* (Omnidawn Publishing, 2020). He is an associate professor of English at the University of Hawaii at Manoa.

Reflection: *Ars pasífika* evokes resilience in reframing "ocean" as "canoe." We are facing an ocean of uncertainty with recent events in our world affecting our personal lives. Waves of emotion may be washing over you, especially in quiet moments – fear, despair, searching, and wonder. This poem shows that we can transform those turbulent ocean waves into a life-saving canoe. Life floats. Allow yourself to flow with it and whenever possible reframe your emotions into life affirming learning. Managing your energy increases your adaptive capacity and resilience. In midst of the deluge of worries, identify what you can control, make your plans, take action, track your outcomes, and let the rest go.

MANTRA FOR THE MONTH

"Grief and resilience live together."

∞ Michelle Obama, Becoming



Resources You Might Find Useful Now

The Hero Archetype – The “hero” is an archetype that plays a powerful role in our lives both real and imagined. We are attracted to the [hero](#) for multiple reasons, but primarily the dynamic of good triumphing over evil dominates. [Carl Jung](#) (1875-1961) pioneered psychological exploration using [archetypes](#). In American culture, numerous movie plots focus on a hero’s journey. Scripts focus on development of the protagonist relative to an adversary. In daily life, our tendency is to look for everyday heroes, such as the perfect mate, boss, or politician – someone who will make our lives better, possibly save us from loneliness. We are disappointed when our perceived heroes are exposed as flawed humans (every archetype has its shadow). We also tend to disregard the hero within ourselves, which inhibits our own agency in life. Finding the hero within is a path toward empowerment. To start down this path, you might like to explore Carol Pearson’s book, [The Hero Within – Six Archetypes We Live By](#) (2015) or one of [Caroline Myss’ books and audio recordings](#), like [The Language of Archetypes](#) (Sounds True, 2006). Pearson developed an [assessment](#) that you might like to consider to inform your journey. Use the embedded hyperlinks to access these resources. Don’t forget to journal your journey!



Cornell Arboretum

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

Contact:

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News and Events

In the midst of the pandemic and national unrest, Mary has been devoting time to providing articles to local resources in the Ithaca area. These articles are available to you in the [website blog](#).

Mary has begun working on two projects – writing a book and designing a workshop, both focusing on learned resilience. 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. Please reach out whenever you feel the need.

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.