

Resilience, Change, and Forethought

by Bernice Maslan

Historically, I've written a lot about change and bodysurfing the seas of change instead of getting mowed under by the waves. Resilience seems to be a bit like that. I've been exploring something I call proactive resilience. A friend of mine lost her husband of seven years last September. She is planning ahead to schedule time with friends weekly over the period between her wedding anniversary and the anniversary of his death. She is looking at what she will need to stay reasonably sane these trying days as well as with her own personal losses.

For me recently, I was feeling very down and stuck in mental loops by myself until a discussion with a friend on another subject entirely helped me to think about other things. We were talking about how to make a plucked note on a guitar grow. The concepts of positive and negative sound cleared the Covid cobwebs and fears out. This challenged my mind. It felt good to connect with another human and be gently encouraged to think outside my usual mental pathways.

I was also stuck getting started on who to approach as a candidate for the NFDI board. I reached out to my fellow board members and have received numerous suggestions. You reading this, it's still not too late to run, almost but not quite. Let me or other board members know immediately! Our election is in October. We'd love to have you join the board for our three or four virtual meetings a year to help keep folkdancing alive. Those outside the Seattle area are particularly encouraged.

Back on the subject of resilience, I've been reading Peter Wohlleben's [The Secret Wisdom of Nature](#). He describes evolution as adapting to change. He writes (italics mine), "People living in the year 50,000 C.E. will be able to live fulfilling lives independent of the volume of their brains *as long as they can adapt to constant change in their environment.*" Note that it is never too late for us to welcome change. Especially in these times, we see people well-trenched in older forms of communication adopting new technologies to connect and get their message out.

While adapting to what seems to be constant change doesn't sound like a lot of fun to me, maybe making frequent incremental changes, a little at a time, is what we need to survive and thrive in our changing world. Plus we don't have to do this alone! We can get help from others and grow with others.

Here's to positive changes and adaptations and also holding the faith that we'll dance together in person again someday.