

Greetings fellow dancers,

This month my topic is resiliency. There is a Japanese proverb which translates literally to "Seven falls, eight getting up." No matter how many times you get knocked down, you get back up again. The song Another Day of Sun from the movie La La Land shares that sentiment: "And when they let you down, you get up off the ground... ."

What inspired this was a particularly challenging contra dance at a local dance weekend. I saw people getting really frustrated; one said his head was exploding. Eventually, of course, most of us got it. In essence, though, it was about persistence, about maintaining a good attitude in the midst of chaos, not giving up. Keep on going and try not to make it worse than it is by adding stress. It is said, "It's all in the recovery." That is true in dancing as well as many other facets of life.

It's also interesting that we have different melting points. Some deal well with traffic; others lose their center in bad jams. Some find crowds challenging; others revel in them. For some it's the challenge of finding a parking space in a crowded neighborhood that sets them off. For some it's dealing with new technologies. Some are triggered by interruptions; others go with the flow and barely notice.

As dancers, one place we need resilience is for recovery from physical stress such as injuries or joint replacement. Best wishes to those with new knees and hips! We can strengthen our resilience by nourishing ourselves well, getting enough sleep, being strong and flexible, getting enough touch, doing things which recharge us, and having patience with ourselves. Being strongly motivated to return to the dance floor can be very helpful.

What's the point of this? It is important to do what is necessary to help ourselves be as resilient as possible. Resilience is defined as the capacity to recover quickly from difficulties. We can also help each other by being sensitive to another's meltdowns. Just because someone looks like they have it all together doesn't mean they are not stressed. Let's be gentle with each other.

Even organizations need resilience to get through challenging periods. Having a wide diversity of members, both in age and dance interests, will help NFDI to grow and stay vibrant. To this end, always renew your membership, consider giving a gift membership to honor a dancing friend who may not already be a member.

Stay safe out there and have some fun dancing!