Transcript: Mary Lemmond audio

Hello. My name is Mary Lemmond. I've been an [adjunct] instructor at the Community Development department for the last two semesters. And I wrote the article "Resiliency Now" for the Ridgeline Review.

Since moving to Ruidoso in March 2019, I've had incredible opportunities as I've learned about this captivating state of New Mexico and that fascinating people. One of those people was Dr. Clara Farah who has been the driving force behind the Creative Aging Program at the ENMU Ruidoso campus.

She introduced me to the Center for Applied Positive Psychology out of UNM in Albuquerque. What I began to learn was life altering. The Positive Psychology movement, started by Dr. Marty Seligman, from the University of Pennsylvania, Philadelphia, poses that using signature strengths, people can build a life of flourishing and meaning. The topic of Resilience comes up over and over in this body of work.

Going back a few years, I had been involved with research done by the Search Institute out of Minneapolis, Minnesota. The work paralleled that of Positive Psychology, but concentrated on what makes children strong emotionally, socially and intellectually. That work was impactful to me. So when I discovered Positive Psychology, the premise fit with what I'd already believed and extended the messages I wanted to convey about aging.

Enter the pandemic [laughter]... people struggled with all manner of challenges. Forced lifestyle changes were problematic for some and horrendous for others. I saw resilience as a means for helping people through tough times. I wrote information for the class that I teach, "Creative Aging: Issues and Ideas," and learned from those classes, taking conversations with people who are thriving or flourishing during these hard times.

This is not new stuff, but if people can see how resilience applies to their lives and think, "Oh yes! I know that but I forgot it" or "I need to start doing that again." Things like taking hikes in the forest, breathing deeply, being mindful and being able to think and act in pivotal ways - then we are all on the road to a healthier life despite what may come our way or in our future.

I hope you will use the strategies in the article as we begin to re-enter the post-pandemic world. Simple ideas, yet effective in curating a resilient life. Enjoy.