

Island 
Ad-Vantages **THE WEEKLY
PACKET** 

THE VIEW FROM ATLANTIC AVENUE

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Resilience Contains Multitudes

November 17, 2023

The term resilience seems to be making more and more frequent appearances and increasingly applying to every facet of our lives. For me, a marine scientist, I most often use the term in planning for our coastal fishing communities' future. Professionally, I seek to build resilience into our fishery management, ecosystem monitoring, coastal infrastructure, and socio-economic systems. However, a quick Google search of the term resilience brings up definitions and methods for building *mental* and *emotional* resilience. "Resilience refers to one's ability to recover from life's challenges and hardships" says forbes.com. Recently, I injured my knee and fractured my shin and thigh bones and will need to undergo surgery (all while caring for two young children). I also attended two fascinating meetings last week: one about fishermen's wellness, and the other about our Gulf of Maine ocean observing network (did you notice that Buoy M was lost in Tropical Storm Lee?).

Since resilience is playing a lead role in my life, I thought I'd share Psychology Today's 8 Key Elements of Resilience. I find these to be useful for our thinking of building personal mental resilience *and* our policy frameworks for building climate resilience in our coastal fishing communities.

1. Pursue a meaningful goal. Having a longer term goal and sense of purpose to focus upon makes people feel less anxiety when facing setbacks or stress.
2. Challenge assumptions. Resilience requires creativity and flexibility- traditional beliefs and practices should be examined in light of new experiences and data.
3. Cognitive flexibility. Avoidance and denial are the most common counterproductive coping strategies, they might assuage fears in accepting a painful situation, but ultimately stands in the way of resilient solutions.
4. Growth through suffering. Treat challenges as opportunities for learning and growth.
5. Acting despite fear. Positive feedback from having the courage to act despite fear builds more courage and supports growth while facing adversity.
6. Manage emotions. Manage thoughts of anger by developing capacity to interpret a situation from multiple perspectives and visualize a future and set goals for achieving it.
7. Feeling of agency. Act where you can have an impact and shape your own circumstances, at an individual or community level to provide a positive feedback of having a sense of agency/control in a challenging situation.
8. Social support. Provide and draw upon social networks to face adversity together.

Do you have a question about our fisheries? Send it to info@coastalfisheries.org or call 207.367.2708. Learn more about MCCF by visiting us at www.coastalfisheries.org.

FISHERIES LOG

Prices to Harvesters in Stonington, as of 11/13/2023

Lobsters (select): \$6.75/lb.
Lobster (hard): \$5.75/lb.
Lobster (shedder) \$4.50/lb.
Bait (pogies): \$90/box
Fuel (diesel): \$3.89/gal

Oceanographic Buoy I-01

44°6'10"N 68°6'44"W - Frenchboro
Bottom Temperature (50 meters):
50.7°F (avg. for this date: 49.95°F)
Source: www.neracoos.org