

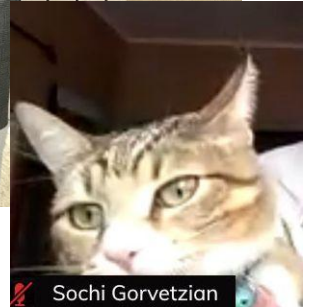
Becoming | Being Resilient: Lessons learned from
*STORIES OF RESILIENCE. HOW NEW MEXICANS FACED THE COVID-19
PANDEMIC*



Art Submission: "Life Blooms Again in the Spring" (Anonymous)

UNM Advisors Fall Institute | Wednesday 29 September 2021

An Interdisciplinary Team



Sochi Gorvetzian



Photo Courtesy of Carli Stringfellow

“I think one of the things I have gained is learning the value of human communication itself, with no specific purpose beyond just being with people and appreciating the details and updates of their lives.”

-Alejandra, Albuquerque

“(Resilience) is a rebound, but now, beyond the return, it is also the evaluation of what was lost and the understanding of what needs to be restored or built. It is a continuous choice not to be defeated, it is not a one-time act.”

**-J, Office of Support for African Americans,
UNM**



Art Submission Courtesy of Anonymous



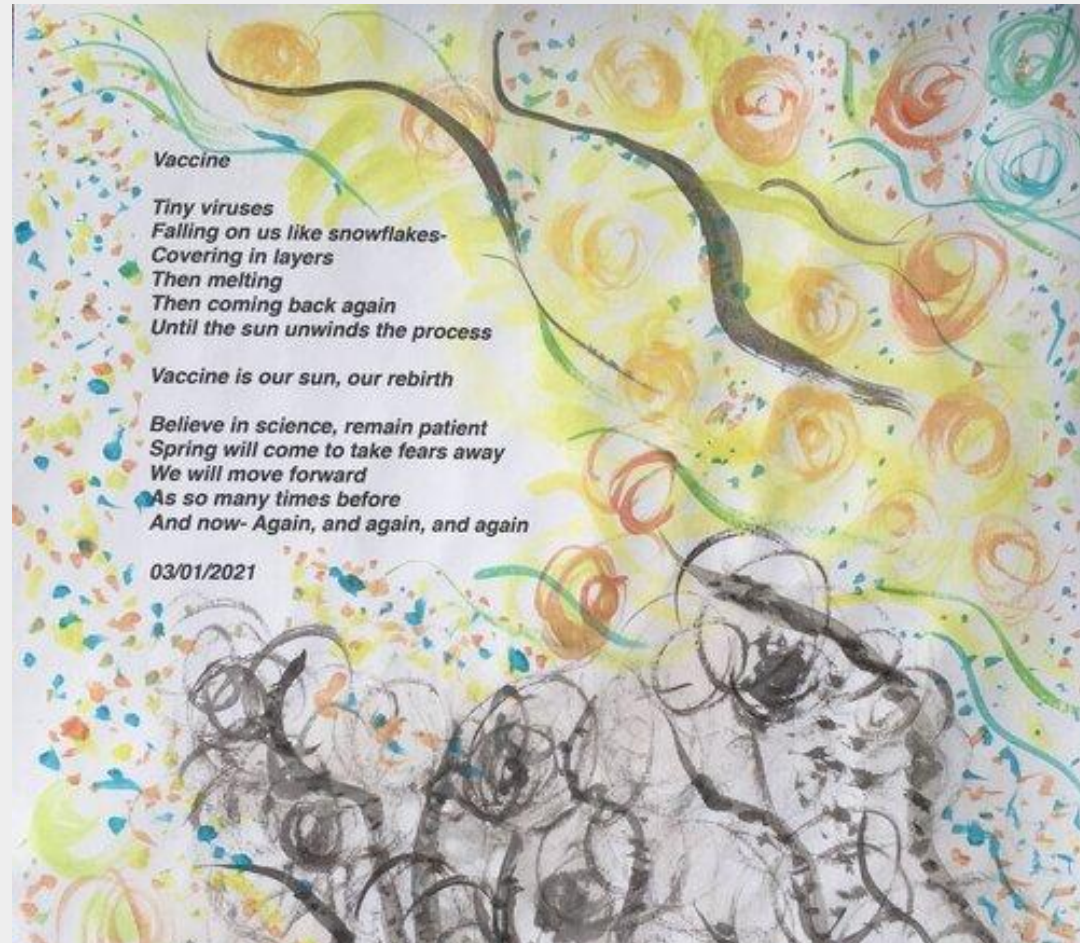
Art Submission: "Ghost Cafe" (Oil)

“[The Pandemic] brought us to value what we already have in our town and we learned to appreciate it all in a big way.”

-Michael, Las Vegas

"I hope we live more thoughtfully now about the things that matter to us. I hope we can encourage people to not be so afraid of science and medicine and things that keep us safe."

-Colleen, Albuquerque



How do YOU define *resilience*?



Photo Courtesy of Erick Aune

Defining Resilience: A Process

Resilience is a process that individuals, organizations, and communities undergo in response to adversity... (It) involves

- a) adapting to new circumstances by seeking new opportunities that those circumstances present
- b) combining those opportunities with previous sources of strength to move forward in a meaningful way
- c) It manifests in many ways, depending on cultural values, power relations, and historical factors that inform the respective processes

Project Overview & Timeline



Methods

Interviews: Individuals and Focus Groups

- A storytelling session, not an interview

Outreach Strategies and challenges

- How to create rapport on zoom?
- How to reach a wide cross section of people from different regions, socioeconomic and racial/ethnic backgrounds?
- How to ensure we faithfully reproduced the stories we heard?



Communities of Focus

New Mexico is a state with unique cultures, history, and traditions representing thousands of years of human civilization. There are hundreds of communities in New Mexico. While distinct in their own ways, each an important part of the fabric of this **Land of Enchantment**.

- Social Justice & Inclusion
- Empowering New Mexicans



Photo Courtesy of Colleen Chavez

Project Takeaways

- The power of creating a space for people to **recognize their resilience** in an ongoing crisis
- The importance of **collaborative teams**: interdisciplinary and mix of graduate/undergraduate students
- Crisis calls for **responsive research** that meets the needs of the moment



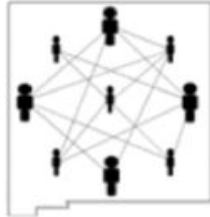
Photo Courtesy of Anonymous

Significant Themes

- Resilience as an ongoing process
- We do not always recognize our resilience
- The power of a space to share stories
- The isolation brought about more creative ways to connect



Isolation



Connection



Resilience as a
Process



The New Normal

Resilience NM Website (resiliencenm.org)



Stories of Resilience New Mexico

[About](#) [Stories](#) [Gallery](#) [Share](#) [Español](#) [f](#) [i](#)

We Are Collecting and Sharing New Mexicans'
Stories of Resilience

Stories

The Report



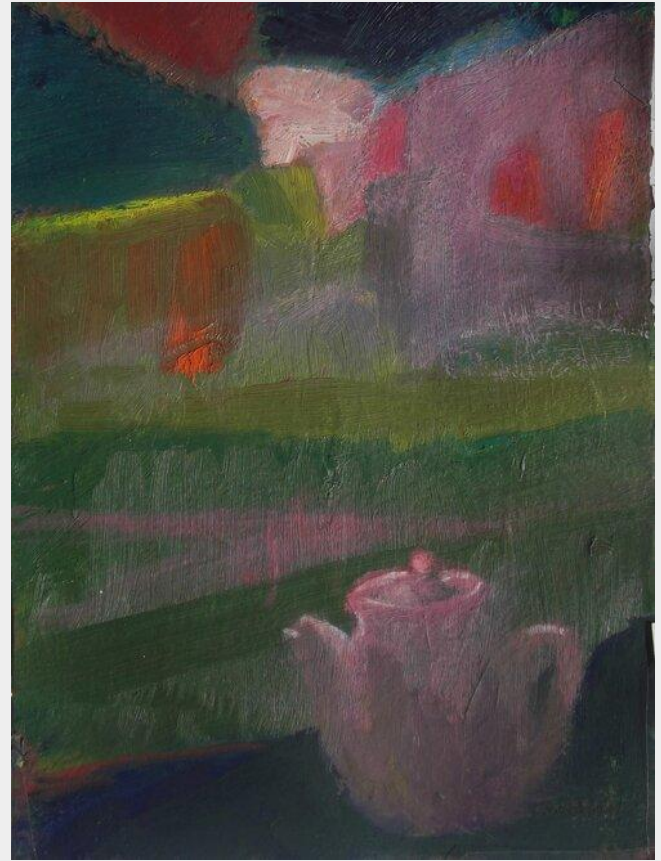
Art Submission, Moving to the Desert by Anonymous

Connect with us:

jeni m palmer, PhD
APA-NM, Professional Development Officer
Research & Teaching Faculty, UNM
E: palmerjonim@unm.edu

Expanding the Project

- Conference presentations
- APA magazine article
- Similar projects with other APA chapters
- Continued submission through the website



Art Submission: "Tea on the Desert Oil" By Margaret

You Are More Resilient
Than You Think



Photo Courtesy of Penny Duncklee

Questions?

Thank you for your time!

Connect with us:

Visit Our Website: resiliencenm.org

joni m palmer, PhD
APA-NM, Professional Development Officer
Research & Teaching Faculty, UNM
E: palmerjonim@unm.edu

Maria “Mia” Held
MCRP Candidate, UNM
mheld@unm.edu



Art Submission: *Untitled* By Marjorie Moeser