

As a breakout group, pick a box without names and start writing! Try to find a timekeeper to track ~2:00 per speaker and perhaps a notetaker, though everyone can type in comments. Prioritize equity of voice.

Names: <i>[Names here and elsewhere removed for privacy]</i>	Names: <i>[Names here and elsewhere removed for privacy]</i>
<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • We are meant to support each other • No formula for us, we figure it out and do it • The importance of practice “&” • Empathy - You/others/ and Me/them • Number of young people suicidal • It is important to reach out to/engage with young people • RBG worked “in the vineyard” to make it better for all • Contrast of the solace/beauty of the natural world and the devastation on seemingly all fronts 	<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • House prices are way higher than they used to be • Affordable housing is essential piece of equity
<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • Empathy is sooooo hard in this time of expressed hatred/fear/blame 	<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • Interest in more modest housing
<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • 	<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • We can work together • We’re in it together/ one consciousness
<p>Other:</p> <ul style="list-style-type: none"> • 	<p>Other:</p> <ul style="list-style-type: none"> •
Names:	Names:
<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • How to connect and help young folks who are struggling. • Missing social interaction for younger folks. Their huge social structure is missing, how can we help fill that gap. 	<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • Discouraging, problems bigger than solutions, liked generational analogy
<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • grandmother/father bench. How to facilitate conversations around practical skills with intergenerational groups. 	<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • Younger generation lack experience with past successes. • We are all stuck in our own thinking and conflict seems likely

<ul style="list-style-type: none"> • How to grow, fix and produce things. Service professions and contributions. • Bringing in younger kids and their skills to help not just be helped. 	
<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • This community as a source of connection and strength. 	<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • Need to remember our responsibility to act • Groups to talk • Zoom
<p>Other:</p> <ul style="list-style-type: none"> • Intergenerational connection. • Teaching problem solving and giving them the skills to face challenges. 	<p>Other:</p> <ul style="list-style-type: none"> •
<p>Names:</p>	<p>Names:</p>
<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • Concern for working families that aren't working and now with children at home instead of school. God's grace is not based on "the usual logic". 	<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • Need for access to education; Uncertainty and division of the country
<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • 	<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • Democracy disappearing; polarization of USA; institutional demise; dismantling of traditions;
<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • 	<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • Physical exercise; resilience of children; the outdoors
<p>Other:</p> <ul style="list-style-type: none"> • 	<p>Other:</p> <ul style="list-style-type: none"> • PRAY and VOTE. Get others to vote. Keep trying.
<p>Names:</p>	<p>Names:</p>
<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • The statistic about the mental health crisis among 18-24 year olds 	<p>Ideas that are top-of-mind after the talk:</p> <ul style="list-style-type: none"> • That we all have a sense of community - especially during this time of isolation.

<ul style="list-style-type: none"> • The aftermath of the news of RBG's death and first the horrifying repercussions for the court but also the possibility for ignitic activism. • Finding ways to advocate and work to make a difference as we move to election time like writing postcards, calling, emailing. 	<ul style="list-style-type: none"> • Need to build better ties with others, especially those we don't agree with; • God's economy in our current environment
<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • Worries are many around health, economics, stress, climate change and the implications • Inspired by the young people and people of color as well as many brave people speaking up and working towards change. • 	<p>What issues worry and/or inspire you?</p> <ul style="list-style-type: none"> • The fires in the PNW - cleared out a lot of underbrush - suffering of those impacted by the fire. Strange year. • Institutional racism and unjust economic systems. • Things could unravel in next few mos; we'll be reactive vs. proactive; we can get better equipped to be proactive • So easy to focus a negative future and not opportunities?
<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • Nature, • zoom sessions, • Meditation, exercise • Friends and family • prayer 	<p>What are your resources for strength and wisdom?</p> <ul style="list-style-type: none"> • Take each day as it comes - with God's help. • Ability to help those in need - how to do this more • 2020's Foresight Tom Sine and Dwight Friesen
<p>Other:</p> <ul style="list-style-type: none"> • 	<p>Other:</p> <ul style="list-style-type: none"> •

Resources mentioned in the talk:

- [Video about comparison](#)
- Akhtar, A. (2020, September 19). The typical full-time salary in America would be \$102,000 if wages had kept up with growth - but the economy has failed 90% of workers. Retrieved September 20, 2020, from <https://www.businessinsider.com/median-us-worker-salaries-could-have-been-102000-without-inequality-2020-9>
- Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1>

- Johnson, B. (2020). *And: Making a Difference by Leveraging Polarity, Paradox or Dilemma - Volume One: Foundations*. Amherst, MA: HRD Press.
- Scenario planning. (2020, August 26). Retrieved September 20, 2020, from https://en.wikipedia.org/wiki/Scenario_planning

From *And* (pg. 6):

There is a natural tension between the two poles of a polarity. If you treat a polarity as if it were a problem to solve, this natural tension becomes a vicious cycle leading to unnecessary dysfunction, pain and suffering. However, if you can see that an issue is a polarity, you can leverage that natural tension with *And*-thinking so it becomes a virtuous cycle lifting you and your organization [and society] to goals unattainable with *Or*-thinking alone.

Keep scrolling for graphic of CDC mental health research ↓

TABLE 1. Respondent characteristics and prevalence of adverse mental health outcomes, increased substance use to cope with stress or emotions related to COVID-19 pandemic, and suicidal ideation — United States, June 24–30, 2020

Characteristic	All respondents who completed surveys during June 24–30, 2020 weighted* no. (%)	Weighted %*						
		Conditions			COVID-19–related TSRD ⁵	Started or increased substance use to cope with pandemic-related stress or emotions [¶]	Seriously considered suicide in past 30 days	≥1 adverse mental or behavioral health symptom
Anxiety disorder [†]	Depressive disorder [†]	Anxiety or depressive disorder [†]						
All respondents	5,470 (100)	25.5	24.3	30.9	26.3	13.3	10.7	40.9
Gender								
Female	2,784 (50.9)	26.3	23.9	31.5	24.7	12.2	8.9	41.4
Male	2,676 (48.9)	24.7	24.8	30.4	27.9	14.4	12.6	40.5
Other	10 (0.2)	20.0	30.0	30.0	30.0	10.0	0.0	30.0
Age group (yrs)								
18–24	731 (13.4)	49.1	52.3	62.9	46.0	24.7	25.5	74.9
25–44	1,911 (34.9)	35.3	32.5	40.4	36.0	19.5	16.0	51.9
45–64	1,895 (34.6)	16.1	14.4	20.3	17.2	7.7	3.8	29.5
≥65	933 (17.1)	6.2	5.8	8.1	9.2	3.0	2.0	15.1
Race/Ethnicity								
White, non-Hispanic	3,453 (63.1)	24.0	22.9	29.2	23.3	10.6	7.9	37.8
Black, non-Hispanic	663 (12.1)	23.4	24.6	30.2	30.4	18.4	15.1	44.2
Asian, non-Hispanic	256 (4.7)	14.1	14.2	18.0	22.1	6.7	6.6	31.9
Other race or multiple races, non-Hispanic**	164 (3.0)	27.8	29.3	33.2	28.3	11.0	9.8	43.8
Hispanic, any race(s)	885 (16.2)	35.5	31.3	40.8	35.1	21.9	18.6	52.1
Unknown	50 (0.9)	38.0	34.0	44.0	34.0	18.0	26.0	48.0

Research findings summarized in [The Intercept](#).

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