RecoveryCon Personal Track

Call in Details

Topic: Recovery Con - Personal track
Time: May 23, 2020 06:00 PM Brussels

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Sessions

Digital Resilience for Organizations

Speaker: Cheryl

What brought us here:
- Wanting to talk with smart people about what's next
- I don't talk to Americans very often, so it's nice to hear what you all are up to
- Exploring questions of what is important
- I am tired of all of this that's happening. 90% of this didn't have to happen.
- I knew this would be a gathering of wonderful, smart people and also a safe space to talk through things
- I'm excited about this topic especially through a lens of inclusion (geographic, accessibility) and a chance to develop really wonderful experiences
- This feels like an important juncture: if we get it wrong, we really get it wrong

A period of creative destruction:
- We can go from the stated goals and ideals of people being connected, but now is a time to actually put that into practice
- People are having a lot of feelings right now (sadness, loneliness, etc) and those feelings may evolve (anger, activism, etc)
- This is an important time to re-invent
- People are *yearning* to reconnect with each other and to be of service and help each other
    - How can we harness/encourage this?
    - Inviting people to be part of the solution
    - They want to have agency
- Venn diagram: message in the middle
    - Impacts to employment
    - Look into the white spaces (how can we fill it through innovation?)
- Meeting people where they are: the coronavirus is top of mind right now
- According to the kids: Instagram is dead, it's all about Discord, now
- Opportunities to interact with competing visions
- Building digital communities
    - Communication, peer to peer, helping people talk to people, wisdom of the crowd (making that the strategy), lean in with the influencers
    - Community organizers - Instagram, LinkedIn
- A "global domestic emergency"
    - While many of us are connected, so many people are not
    - Language barriers, access issues, connectivity barriers
    - There's so much work to do to work across assumptions
- There's a notion of relationships *as a tool*
    - Disconnection need to be focused/ relationships are really core, need to

focus on this more so as a value
- Social technologies don't have to be digital technologies
- (I talk with my hands)
- This is an important time to connect with those who are *not* connected
    - People are getting more isolated
    - How do we not let that happen?
- We all have to be gentler with each other and ourselves
- We need to use our 5 senses= we need to forgive ourselves and be ok in the moment. Be ok with ourselves

Resources
- Tech, health, and privacy - https://blogs.icrc.org/law-and-policy/2020/05/13/covid-19-contact-tracing-digital-diligence/
- Collective intelligence https://www.nesta.org.uk/toolkit/collective-intelligence-design-playbook/
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Regroup to main room at 10:00a PT
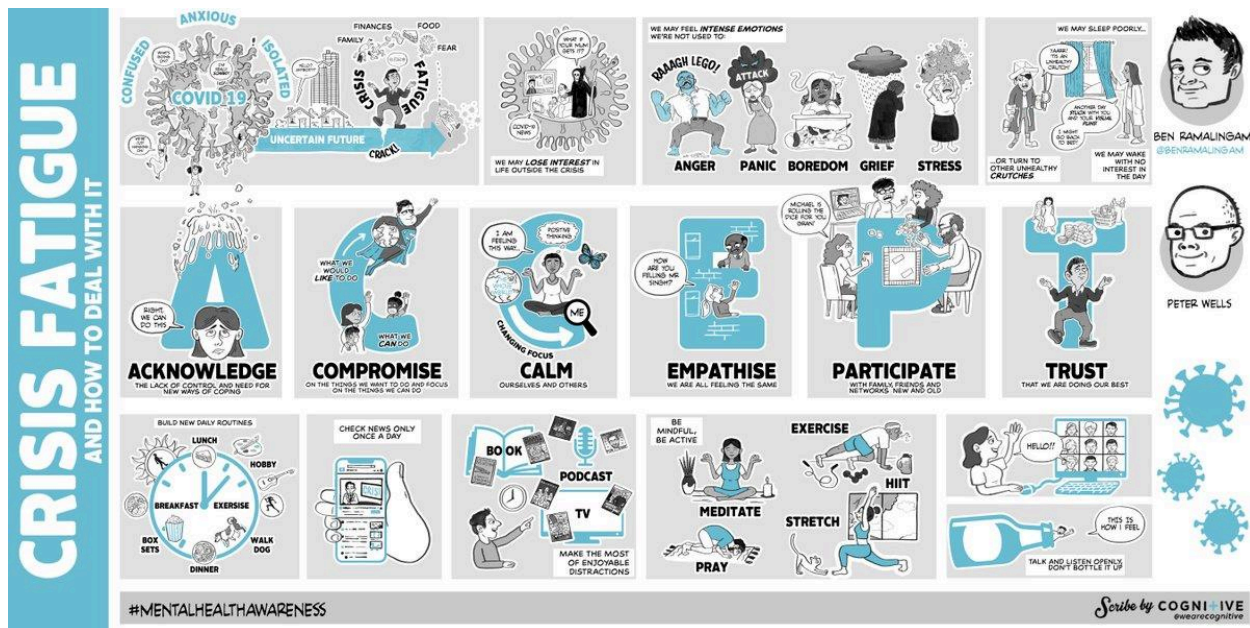
Putting your own mask on

Speaker: Courtney

Notes go here

- Relocations, helping people,
- Space, stuff and psychology - interaction, mental health first responder

What do people want to get out of this session?
- How to learn from previous emergencies, not to feel like you've failed?
- Every day we have to work on selfcare

- Work/life balance, how to combat the over-work
- Construction of space and how it can change your mindset/mental health
    - How to then construct communal living that's more sustainable
- How we're using space differently in post-COVID
- Poly-vagal theory - balance of self
(https://ct.counseling.org/2016/06/polyvagal-theory-practice/)
    - Now on maintenance/resistance
        - I finish something for a group, but I don't victorious
        - Voluntary work that invades your boundaries, and not leave feeling like you've failed
    - What other motivations can we have?

Holy Trinity
- Shit, sleep and eat
    - These are things you need to deal with the world
- Relocating people is not necessarily a good thing
    - Lose your basecamp, lose place to recharge, refuge
    - People have trouble with the world and the people in it
    - When relocating, get bedroom, bathroom, kitchen into a functional state
        - Get a bed that you can get a good night's sleep
        - Sleep affects executive function
            - Impacts of social factors can change the neurological conditions
        - Eating, feeding yourself
            - Need to be cognizant of eating issues, and helping to nurture healthy relationships with food without judgement
            - We all need water, nutrients
                - It takes calories to use brains

- Making decisions burns calories
    - Bathrooms
        - May be the only place you can close the door and shut the world out
        - If nothing else, you can get in the shower and cry
- Failure / maintenance first as resistance
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- How do we soften the concept of success
    - Seeing less as "you have to hit these things or else you're a failure"
    - How small of an increment/action can you look at and say yes, this is something I can be proud of
    - In 70's/80's commercial for Shampale
        - Was about finding something to celebrate
    - Cultivating a sense of joy and satisfaction wherever
        - In terms of space, being able to come back and lay your head down on your bed, in a peaceful space, whatever "peaceful" is to you. That grounding is what builds success
        - Success as a granular thing (not one big external item)
    - Set up sidequests - to pay attention to the other spaces to take better care and support space and outside interests
    - Get in tune with what you want - what are your baselines - makes it easier to deal with groups
    - Self care as relationship seeds. (if you're familiar with your needs/values, you can better connect with others)

Resources

https://ct.counseling.org/2016/06/polyvagal-theory-practice/
https://www.jameswjesso.com/deb-dana-polyvagal-attmind94

Take a break around 10:35 and meet back in [main room](#) by 10:50a

How might we collaborate better

Host: Heather Leson

How have you collaborated during this emergency?

- Good intentions might be bad ideas and how it might hurt
- Talking people out of ideas
- Easier to collaborate as equal online, closer to collaborators as we are not in the same room
- Less travel, more focus
- It has been productive, benefits of not being a physical spact
- Transition from non tech industry - not usually digital literacy/ lags in comms tech
- Adjustments - personal projects
- Making spaces for collaboration better requires everyone to contribute, and finds ways to be effective
- How to participate effectively
- How to structure space so others can participate

How can it improve?

- Humanitarian used to be very tactile - who you know
    - Digital divide very real

- Experience in online communities (open source, openstreetmap) brought over to help humanitarian agencie
  Global hackathons has 10000 people

- Tech communities are very siloed right now
- Exceptions: some hackathons & PPE community
- No real collaboration over the boundaries of (project) community
- Collaboration often local (where people see/feel agency)
- How to better connect the disparate communities to build and learn more from that
- Get better links and bridge - known network
- How to override human behaviour - code to solve. Why aren't people seeing who has investigated this before.
- Communities that are cognizant of finding solutions from each other
- Many overlapping conversations with same topics, hard to get signal from noise
- Areas of knowledge are not going to explore across - even in science
- How to get the right people to talk with each other at the right time

- What would scale - interdisciplinary
- And, how do they talk to each other? How to have one conversation? And have them received well
- "Not invented here" is an issue everywhere

Resources

- https://coronavirustechhandbook.com/contents

- https://theglobalhack.com/
- https://www.linkedin.com/pulse/experience-test-deliver-evolving-digital-events-heather-leson/?trackingId=D%2F1TImPCRC6N%2FktsTfxm2A%3D%3D
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Regroup to main room at 11:30a PT

What art is giving you visions for the future you want? How can creativity be part of future-crafting?
Star Trek as post scarcity future
Le Guin quote about importance of art to envision the future
    "We live in capitalism. Its power seems inescapable. So did the divine right of kings. Any human power can be resisted and changed by human beings. Resistance and change often begin in art, and very often in our art, the art of words."
Art as potential for collaboration
Art as agency, change environment
- Poetry
  - The Low Road by Marge Piercy
  - V'ahavta by Aurora Levins Morales
  - If You Knew by Ellen Bass
- Observational art as a tool
- Street art - pushing back against corporations, an assertion of the people-ness of spaces, a moment of thought or beauty
- The value of creating something tangible, something you can touch and see. And building things together.
- What's the role of dystopian art?
  - Is it building the future we don't want?
  - Or is it highlighting ways to critique the world, particularly to those who

aren't as affected by dystopia?

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