



Design at Scale
by Rosenfeld

@Design_at_Scale #DAS2022
10 June 2022

THEME 3: Design People - Caring for Individuals and Teams curated by Lada Gorlenko and Kit Unger



This Is a Talk for Tired People.

LUZ BRATCHER

Director - Golden Repair] **ARTS-BASED SOUL CARE**
for designers and their teams
@luzbonita

Nourish and protect the rhythms
of making and resting

DELIGHT

WE TALK ABOUT THIS A LOT. One of my favorite words, it is also part of the dual meaning of the word **SABBATH**
Rest & Delight

I have some crazy stories to tell you about some intense cultural lies that I've had to untangle over the course of the pandemic.

We are here in a room full of creatives... and you risk it all when you are tired.

WHOSE LIVELIHOOD DEPENDS ON THEIR ABILITY TO CREATE

CAVEAT: This is imperfect and ongoing but if you're imperfect and you're tired, you're in good company.

IF YOU ARE MULTI TASKING RIGHT NOW
I extend an invitation to **BE UNPRODUCTIVE** FOR THE NEXT 30 min.
MAKE SOME **SPACE** TO PAY ATTENTION TO YOURSELF, TO YOUR BODY, TO WHAT MIGHT COME UP FOR YOU HERE.

Anytime you prioritize REST is a BABY STEP

If you must do something, please put yourself in a position of **JOY** and **DELIGHT**

Barriers to rest

THE THREE LIES WE'RE GONNA TALK ABOUT...

CHECK OUT *The Ruthless Elimination of Hurry* by JOHN MARC COMER

"I don't have time to rest"

IMAGINE THE CONCEPT OF SLEEPING UNTIL YOU ARE RESTED

MARCH 5, 2020 the shelter-in-place order came through. I was at the doctor's office seeking support for a mental health leave [SEE VIDEO FOR ELOQUENT DETAILS] instead I went HOME. **HOME COMING** became an unexpected GIFT OF TIME.

The gods confound the man who first found out how to distinguish hours! Confound him, too, who in this place set up a sun-dial to cut and hack my days so wretchedly into small portions!

ROMAN PLAY - WRIGHT
- Plautus

Makes a great auto-decline for calendar invitations @ @ WA

I WISH WE HAD A WORD FOR SOMETHING THAT HAS BOTH SAVED US AND DESTROYED US.

I HAD NO TIME TO REST... UNTIL I HAD TO:

CONSTANT ANXIETY, SICKNESS, BODILY AILMENTS push through? CRISIS (pandemic) GIVES US A TOOL KIT

PRIORITIZE PROTECTING ENERGY

Take a nap! THE ACT OF SLEEP

GROUND YOURSELF in DAILY RITUALS. My husband and I created this together SAME AMOUNT OF TIME (as before) JUST SLOWER

is an act of ACCEPTING OUR LIMITATIONS. the problems we could solve w/ more naps!

"I am what I do"

IF THE MEASURE OF SUCCESS IS BUSYNESS THEN TO HELL WITH LIMITATIONS! Squeeze every minute and we can TOTALLY DO IT ALL. **SARCASM**

I MAKE LIGHT OF IT BUT IT'S A MUSCLE MEMORY THAT IS REALLY HARD TO UNDO. IT'S EVEN ALL OVER OUR LANGUAGE... Noticed during pandemic:

How are you? Good, keeping busy.

"BUSY" we stay constantly in motion as if that somehow validates our existence

REFLEX OF GLORIFYING BUSYNESS

"Who are you without the doing?"

Such a vulnerable QUESTION **WHAT IF YOUR VALUE IS ACTUALLY MEASURED BY YOUR BEING**

WHAT SHOULD I DO? HOW DO I WANT TO FEEL? WHO DO I WANT TO BE? not your OUTPUT? What's the point if I don't get to enjoy the fruits of my labor?

IF BUSYNESS IS A VIRTUE... Rest is the cheap currency for the poor in spirit

REST is a Human Right! I QUIT MY JOB and TOOK A 3-MONTH SABBATICAL

"I will never have or be enough"

Watch out for the toxic mindset **more, more, more!** scarcity mindset! **GROWTH AT ALL COSTS**

MORE ISN'T THE SAME AS **GROWTH** ISN'T THE SAME AS **ENOUGH** SEE VIDEO @ 17:18 for QUOTE by Thomas Merton (TRAPPIST MONK)

WHAT IS ENOUGH? SCARCITY — ENOUGH — ABUNDANCE USA IS A VERY RICH COUNTRY MANY OF US HAVE "DARK FRIDGES" [when it's really FULL] I used this to MAKE KONDO ASPECTS OF MY LIFE... NEW SENSE OF GRATITUDE and WONDER

BRINGING GOODNESS TO THE WORLD DOESN'T HAVE A CAREER LADDER

I DIDN'T NEED MORE I WASN'T LACKING I had already what I needed - not just to live - but to THRIVE



CREATION word **fjaka** I FOUND in myself the DESIRE and CAPABILITY TO MENTOR, COACH and MAKE ART and "To the abundance of enough"

EMOTIONAL CAPACITY

SKETCHNOTES: @mjbroadbent