

# **Safe & unsafe certainty; supply chains under threat; equality; authentic communication #4**

## **How do we respond to change?**

Hi, I'm Alex Staniforth; Artist, Coach, Trader. In these bi-monthly letters I'm exploring how our species makes meaning and takes action in the context of an ever evolving dynamic world. I write this as a place to share and collect thoughts as we explore these topics. I hope this blend of information serves to raise some interesting dialogues.

### **We have a couple of events coming up in February:**

- Meditation Circle on Friday 13th March (19:30-21:00) RSVP via email below
- Exeter University Learning Set on Wednesday 25th March (TBC) For more info and RSVP contact via email below

If you haven't yet visited our website, you can visit [here](#).

### **A wider perspective**

 A large element of the change leaders role is in building resilience of their people in face of impermanence, uncertainty and lack of control. "Underpinning this area is the hypothesis that when we are asleep to our reactions, we confuse safety with certainty. We therefore unconsciously move toward safe certainty. Because this is an unrealistic space, we find ourselves blocking, defending, denying and controlling". Jeremy Keeley explores resourced ways of being. Barry Mason on safe and unsafe certainty.

 Fears of contagion from COVID-19 are causing disruption to both global supply chains and global markets. The S&P500 dropped 12% from its local February high on 19th at 3,386 down to 2,978 on 27th. The Centre for Disease Control and Prevention are warning of potential outbreak in U.S. This news will likely impact consumer behaviour - consumption making up a whopping 68% of U.S. GDP. Exports from China are heavily disrupted causing concerns about the degree fears have been priced in. Nature making evident the interconnected nature of our world.

🤝 Equality - that all humans are another's equals. To some, a word that raises questions on fairness and attitudes in society (equality vs equity). To others, a meaningless attempt to define comparatives in an incomparable world. Some food for thought in this inquiry - Capaldi offers a comprehensive view of the meaning of equality in the ancient and medieval worlds and Nikolas Kirby makes the distinction of equal worth and equal authority as the basis of his dissection into the nature of our political discourse.

🔥 The latest CO2 concentration (ppm) measurement (as of February 26th, 2020): 413.34 ppm; January, 2019: 411 ppm, 25 years ago: 360 ppm.

## Closer to home

🏕️ Are you getting enough of those zzzzzs? The recommended amount of sleep varies across age categories. What does not vary is the necessity of that quantity of quality sleep. In a report of high performers in the military, poor sleep was attributed to a variety of both physical and mental afflictions including obesity, metabolic syndrome and decrease in performance. Reasons for poor sleep include stress, digital connectivity and a host of other factors. Here's some ways to improve sleep quality.

🧬 Authentic communication is a blend of the ability of a leader to share their thoughts in a way that is honest, relatable and trust-inspiring. In an age of misinformation and hyper-controlled online targeted advertising, the demand for this style of communication is huge. How to build trust here.

🧘 A gentle reminder on the importance of breathing well and some simple ways to improve your breathing.

## Notes on compassion

🙏 The importance of practicing self-compassion along with the nuances between self-compassion and self-esteem. Allow yourself some space with this meditation.

👂 Being seen and heard is one of the basic human social needs. Listening and being listened to are therefore worthy of a great deal of attention. Therapist Vanessa Marin explores how to listen to someone. Be warned - there are some cautions on the boundaries around listening.

Artistic expression



## Poetry Corner



Lost by David Wagoner

Stand still. The trees ahead and bushes beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.  
The forest breathes. Listen. It answers,  
I have made this place around you.  
If you leave it, you may come back again, saying Here.  
No two trees are the same to Raven.  
No two branches are the same to Wren.  
If what a tree or bush does is lost on you,  
You are surely lost. Stand still. The forest knows  
Where you are. You must let it find you.

## Things & Stuff



Using AI in response to coronavirus. Concerns over privacy.



Some stretches to alleviate back pain.



Dealing with OCD.



Why we have money.



Stewart Lee satire on free market ideology



Rising sea levels could reshape the U.S. and trigger migration inland

I hope you found this collection stimulating and insightful. I love hearing from you so if you've any questions or comments then please email:  
[aostaniforth@gmail.com](mailto:aostaniforth@gmail.com).

Stay well, Alex