

Surge Capacity of the Dream Makers

NCASFAA
November 8, 2021

Jairo McMican
(Hi-rrow Mac-Mee-Kan)
We/He/Him/His

Kenyan Swahili

I love you

Nakupenda (Knock-You-Pend-Ah)

What's
happening?

Mambo! (Mom-Bo)

I am well

Mimi ni mzima! (Mee-Mee Knee Zee-Ma)

I am not well

????????

Agenda

- Intro Story
- Kubler-Ross Stages of Grief
- What is Surge Capacity?
- New Normal, Recovery, & Ambiguous Loss
- Viktor Frankl
- Tools and Strategies
- Summary

THE FIVE STAGES OF THE GRIEVING PROCESS

KÜBLER-ROSS GRIEF CYCLE



What is Surge Capacity?

“Surge capacity is a collection of adaptive systems — mental and physical — that humans draw on for short-term survival in acutely stressful situations, such as natural disasters.”

The New Normal

Understanding Ambiguous Loss

“That means reckoning with what’s called ambiguous loss: any loss that’s unclear and lacks a resolution. It can be physical, such as a missing person or the loss of a limb or organ, or psychological, such as a family member with dementia or a serious addiction.”

“An abnormal reaction to an abnormal situation is normal behavior.” — **Victor Frankl, Man's Search for Meaning**

“Those who have a 'why' to live, can bear with almost any

' _____ '.”

— **Viktor E. Frankl, Man's Search for Meaning**

Tools and Strategies

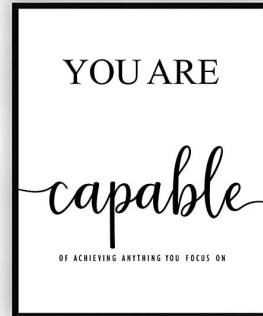
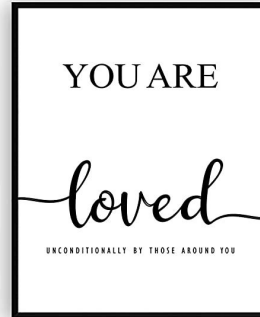
Experiment with “both-and” thinking

POST-CRISIS INNOVATION

ADAPTED FROM BURBIDGE, I (2020), RSA



Affirmation Walls



Spirit Week

Favorites and Support

Summary

- Acknowledge your grief
- New stress requires new coping
- Relocate your 'Why'
- What are you doing for others?
- What are you doing with others?

Thank you for listening

Jairo McMican

(Hi-rrow Mac-Mee-Kan)

We/He/Him/His

jmcmi643@cccc.edu

<https://www.linkedin.com/in/jairomcmican/>

Thank you for your participation

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References & Resources

- <https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>
- <https://www.goodreads.com/work/quotes/3389674-trotzdem-ja-zum-leben-sagen-ein-psychologe-erlebt-das-konzentrationslag>
- <https://pbs.twimg.com/media/EwlbR2CXEAERYbu?format=jpg&name=small>