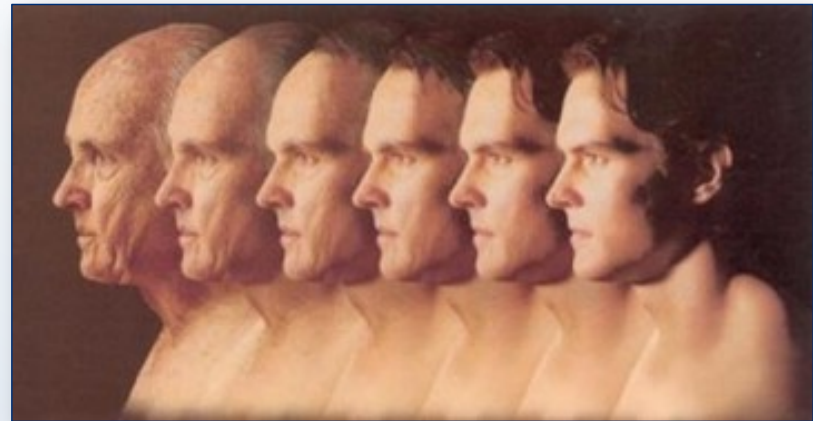

Aging: Complex Patterns of Personal Change

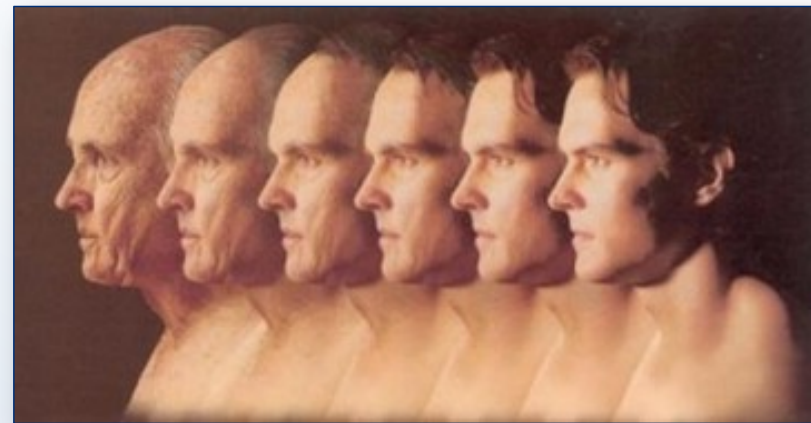
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December 4, 2015



Today we'll explore . . .

- » **What** generates energy in the patterns of a complex adaptive system?
- » **So what** are those patterns in personal experience of physical, emotional, mental, social change?
- » **Now what** can we do to use this information to age gracefully?





What generates energy in a complex adaptive system pattern?

Container sets the boundaries and holds the system together.

An open, permeable, fluid boundary brings in energy and information and releases it into the world.

A closed, impermeable, rigid boundary loses energy to entropy over time.



So what are those patterns in personal experience of physical, emotional, mental, social change?

Container sets the boundaries and holds the system together.

As we age, our boundaries can get less and less permeable and fluid:

- Time
- Physical constraints
- Attention
- Perceived risk
- Financial resources
- And . . .

What generates energy in a complex adaptive system pattern?

Difference establishes the tension, which is the potential for change.



Large differences hold more energy.
Multiple differences hold many kinds of energy.
Small or few differences make less energy available for transformation into action.

So what are those patterns in personal experience of physical, emotional, mental, social change?

Difference establishes the tension, which is the potential for change.



As we age, the differences that make a difference can begin to fade:

- Muscle mass
- Perceptual acuity
- Attention breadth and span
- Emotional states
- And . . .

What generates energy in a complex adaptive system pattern?

Exchange creates the flow that turns the potential of difference into actual responsive action.

Flexible, elastic exchanges allow energy to flow.
Rigid, persistent exchanges block the flow of energy and encourage stagnation.

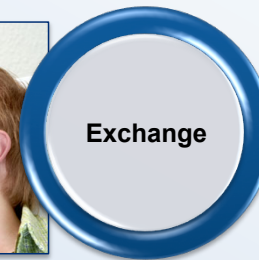


So what are those patterns in personal experience of physical, emotional, mental, social change?

Exchange creates the flow that turns the potential of difference into actual responsive action.

As we age, exchanges can be less frequent and less complete:

- Hearing
- Sight
- Physical connections
- Relationships
- And . . .



Now what will help you and your loved ones maintain flexible and fluid containers?



Container



Difference



Exchange





Container

Now what will help you and your loved ones sustain and invigorate differences that make a difference?

Difference

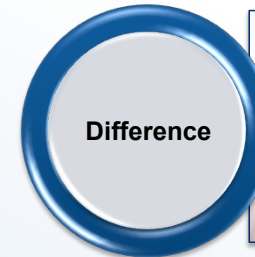


Exchange





Container



Difference



Exchange

Now what will help you and your loved ones sustain old and engender new exchanges?

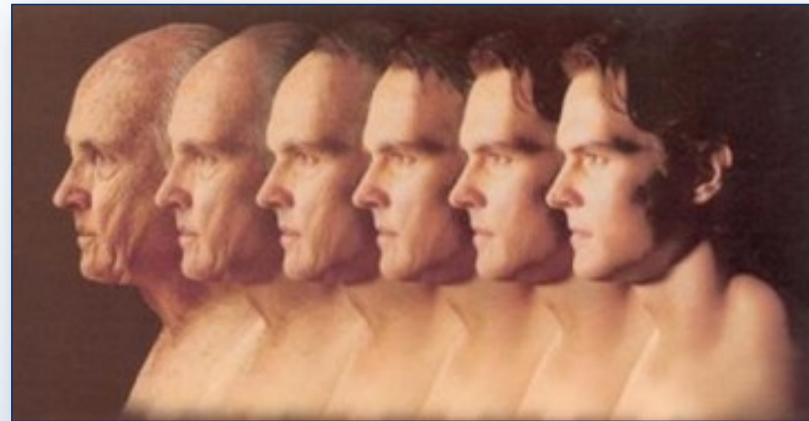
Now what for you?

- » **What** are the conditions for your energy today?
- » **So what** might you do to expand your containers, focus your differences, and feed your exchanges?
- » **Now what** is your next wise action to set conditions for happy and healthy personal change?



Today we explored . . .

- » **What** generates energy in a complex adaptive system?
- » **So what** are those patterns in personal experience of physical, emotional, mental, social change?
- » **Now what** can we do to use this information to age gracefully?





Now What? Explore More

» Books

- » *Adaptive Action: Leveraging Uncertainty in Your Organization*
(Eoyang & Holladay)

» Web

- » www.adaptiveaction.org
- » Wiki.hsdinstitute.org
- » www.hsdinstitute.org
- » Twitter: #hsd #adaptact @GlendaEoyang

Now What? Become An HSD Professional

- » Patterns and Possibilities:
 - » Jan 2016 in Helsinki, FI
 - » Feb 2016 in Las Vegas, NV
- » Four months exploring an online learning ecology:
 - » Lively learning community
 - » Guided practice
 - » Large group learning and dialogues
 - » Learning units on relevant topics
 - » Praxis Partner for support
- » Register:
<http://www.hsdinstitute.org/learn-more/overview.html>





Join Us!

Dec 17, 11am CST	<i>HSDI Quarterly Meeting</i>
Jan 7, 11 am CST Educator Series	<i>Stories to Reduce the Chaos: How do stories help us make sense of chaos?</i>
Feb 4, 11 am CST Live Virtual Workshop	<i>Nothing is Intractable: Weaving Patterns of Possibility</i>
Mar 3, 11 am CST Live Virtual Workshop	<i>Act at the Edge: Lead in Complexity</i>

- » Register for the next Live Virtual Workshop:
<http://www.adaptiveaction.org/Landing-Pages/Webinar-Registration>
- » Register for the Educator series: http://bit.ly/teacher_stories