

## STEAM 2022 Highlights in Chat

### **Table 1 - Finding Order in a Chaotic World**

We discussed whether we felt there was more order to the world, or more chaos. We also discussed the dichotomy between these two ideas. We talked about various types of order and chaotic behavior in art, and some of the mathematical ideas behind chaos.

- Chaos and Order are not necessarily mutually exclusive - each can be found within the other. Nature revels in both, humans tend to crave order, but not too much!
- Chaos is a vital source of innovation, new concepts, and potential to learn.
- Art and Science both embrace both chaos and order and seek to clarify the relationship between the two.

### **Table 2 - Our Wicked Ways: When looking out for ourselves is bad for everyone, including ourselves**

- If we decide policy based on cost and benefit, how do we quantify well-being?
- How do we put a market value on air? On fire safety? On clean water?
- How much are we willing to pay to get the results we want?

### **Table 3 - Mindfulness and the Brain**

- Mindful.Org Good Apps (also see Resource slide and document)
- Sometimes it is hard to concentrate in the middle of the day because all the daily tasks creep in.
- Mindfulness isn't about emptying your mind, but rather finding one thing to focus on.
- Mindfulness is being attentive to the current activity.
- Mindfulness can be brief and doesn't have to be prolonged meditation.

### **Table 4 - Vaccines: A Philosophical and Biological Perspective**

- There is a tension between safety and liberty in vaccination requirements.
- There is a case to be made that these requirements are consistent with liberal democratic traditions.
- But there is a danger in refusing to hear the most plausible objections from dissenters.

### **Table 5 - The Effects of Social Isolation on Wellbeing**

In our group we discussed how going back to physical spaces can help us rebuild--gyms, libraries, etc. We also talked the tension between isolation (taking time for self) and social

engagement. We also discussed the importance of asking for help, and the challenges with being an overly individualistic society. We agreed that we need to make some important considerations for folks who cannot get vaxxed and have health issues that place them at risk.

- Social Isolation can be involuntary or voluntary depending on the conditions of an individual during the pandemic.
- Some factors such as childhood experiences, fears, inabilities, interpersonal relationships, trust issues and more increase the possibility of an individual psychosocial development (Erik Ericson).
- Building a more solid connection in a healthy community by showing good morals and ethics, engaging in social infrastructures of any kind are possible ways to reduce isolation.

**Table 6 - Representations of Health and Illness in Literature and Art**

- We want to honor the human experience beyond physical symptoms and diagnoses.
- In literature there is overlap between mental and physical health, and much ambivalence: illness is valorized and silenced.
- Holistic approaches account for human agency.