

1: Using the Climate Crisis as Catalyst to Increase Wellbeing | Urban Gateway

"Crisis as Catalyst is the most authoritative, comprehensive, and systematic study of political economic changes in East Asia since the financial crisis in

DebiSilber A crisis, tragedy, illness or trauma can blindsides us. It can take the wind out of our sails, stop us in our tracks, and leave our life as we know it changed forever. While these types of life-altering experiences can shake us to the core, have you ever considered the idea that they may possibly be the perfect catalyst for change, or even a gift? Many go through life almost sleepwalking; numbly and mindlessly getting through each day. We may go years in an unfulfilling job, with mediocre relationships, loveless marriages, poor health, low energy, and little joy. We may never have had the confidence we needed to pursue a unique skill that may have led us to discover our greatest passion and purpose. We may have spent our adult lives being too afraid to pursue an exciting opportunity or travel on an unfamiliar path that could have led to something spectacular. We may have put our lives on hold as we wait for the perfect time, season, reason or person to inspire us to take a bold step or make a big move. We do this day after day after day after day until something wakes us up and somehow inspires us to take a different approach and begin the process of making a much-needed change. What is that something? It could have closed because that relationship finally ended, that diagnosis was just given, that business just took a turn, you had to make that major decision, or you got that phone call you hoped would never come. In either case, because one door was closed, a new door was revealed. A door you may never have seen had that first door not closed. A new door, ready for you to open; leading to a very new, very different and possibly very welcomed chapter in your life. For example, someone hears a frightening diagnosis. The crisis inspired them to make the changes they needed to in order to more fully appreciate those they love as they begin to nurture themselves and their relationships more effectively. For example, maybe you were holding onto a past hurt, a grudge, guilt or pain. A tragedy can allow you see how pointless it may be and can be the perfect catalyst to bringing about a change in the way you think and feel. A crisis can also cause us to reevaluate our choices and habits. Maybe someone learned that the years of filling their body and mind with physical and emotional toxins have finally taken its toll and their health is in jeopardy as a result. Through this process, they may even discover a new passion in helping others prevent the same thing from happening to them. For some, a tragedy can be freeing. Maybe you felt restricted, stuck, locked into a hopeless and desperate situation. Without that tragedy, you may not have thought to reconsider how things were going in areas such as your health, your relationships, your business and your life. You may never have discovered your true purpose, moved past your comfort zone or learned how brave, courageous and resilient you really are. The idea is to find the lesson the tragedy provides. Find the opportunity, new outlook, perspective or path that the crisis enabled you to see. Find the new door that was revealed as a result of the crisis and the new opportunity that now may be presenting itself to you. Then, take that new awareness and use it as a catalyst to create a bold, vibrant life filled with love, meaning, and purpose. Follow up with the expert herself.

2: Crisis as Catalyst : Barbara Laslett :

Crisis as Catalyst contains assessments of these changes-both ephemeral and permanent- by a wide range of specialists in Asian economics and politics. The crisis, as the contributors to this volume show, catalyzed changes across political, corporate, and social arenas both in the countries hit hard by the crisis and in others throughout the region.

Existential Crisis Individuals experiencing an existential crisis “an intense episode of psychological conflict” find themselves pondering questions such as: What is the meaning of my life? What is the purpose or value of being alive? How can any person understand and reconcile with the true nature of their being? Why am I here? As attention shifts to understanding the deeper meaning of existence, a keen awareness of mortality can also develop, be it awareness of the loss of life or loss of self-identity or both. Angst, personal conflict, loneliness, hopelessness, and despair often make up the bleak and difficult emotional landscape of an existential crisis. Existential depression is a term sometimes used to describe major depressive episodes that stem from an existential crisis. No psychological or medical approach is comparably better able to address an existential crisis, including the clinically significant symptoms of existential depression Sanders, Existential crises are considered a developmental stage. It is a psychological process to be moved through and beyond. Notably, the underlying philosophy of existentialism takes an active person-centred view in that we each can and do define the meaning of our existence. In consequence, it may be said we each must choose to resolve the crisis of our existence. Psychological Adaptation Psychological stages of development are not fixed or predictive, as we might consider the developmental milestones of early childhood, but can result from reaching a state of awareness at any point over our lifespan. A great variety of life circumstances may lead an adult to this experience, such as redundancy, becoming a parent or adult children leaving home, or living with an ongoing health complaint. Here is a more in-depth example of normative psychological adaptation. An employee experiencing high achievement orientation paired with low persistence may firstly become frustrated. This frustration could then trigger a search to understand why they are not successful and, in this way, the employee is led to a change in their awareness about personal responsibility at work. Enacting greater approach behaviour in the workplace e. Here, the employee chose to adapt to their work environment and gained from doing so. Psychological stages of development, including existential crises, are about our personal evolution. As with any living system, the mind may be driven to evolve when presented with threat. When environmental and internal feedback indicates threat, in which ways of being and coping have become dysfunctional, then the system is challenged to revise its norms and to align with more meaningful goals, values, behaviours, and connections. Understandably, to the mind this process of adaptation can be very disorienting. Letting go of the known self may mean grief and loss; it can feel like dying. A Transition Whilst the contemplation of existential meaning can cause great suffering, insights brought about by both contemplation and suffering itself can motivate great change. Without suffering we may see no need to move beyond our perceived immediate security and attachments. Change is a stepping stone from one experience to another. In this way, growth of self-identity can be said to arise through the very act of deconstructing self-identity. It is also a synonym for personal grandiosity, an over emphasis on self-importance. Ego death is, comparably, a more cryptic term. Ego death relates to the diminishing of self-importance as one relates to a greater concept or process. Ego death may be considered an aim of certain religious practices linked to enlightenment. For example meditation, pilgrimage, contemplating a Bodhisattva or a Zen koan Buddhism , and yoga. Ego death is not about dying a physical death and not necessarily about the loss of self-identity either, but a mental transition through which the illusory nature of self is revealed. In this way we can emerge into a comparably evolved state of being. How a person chooses to manages these changes is as individual as their personality or their lifestyle, with no two people walking the same journey. Whilst there is no single best therapy to manage an existential crisis, a tailored plan of psychological services may be the support needed for this sometimes devastating and difficult transition. If you would like to learn more about your emotional health or therapy, I offer a free Emotional Health Check at Vision Psychology. To book, freecall Journal of

Jungian Theory and Practice, 8, 11â€” Psychoneurosis Is Not An Illness. Toward an information-processing analysis of depression. Cognitive Therapy and Research, 8 5 , Meditation experience is associated with increased cortical thickness. Neuroreport, 16 17 , Altered states of consciousness. Arch Gen Psychiatry, 15 3 , Long-term meditators self-induce high-amplitude gamma synchrony during mental practice. PNAS, 46 , The Dark Night of the Soul. How to recognize and cure life-related sadness in gifted people. The Adventure of Self Discovery: New Perspectives in Psychotherapy. Follow on Twitter Anxiety is considered a normative response to stress, but â€” More Depression The idea of "being depressed" has entered into modern â€” More Wellbeing Have you ever thought about how to achieve psychological â€” More Communication Meaningful communication is the key to finding â€” More Amanda is available to assist with your life journey, offering adults help â€” More Ethics and Psychological Practice Human beings are generally adaptive over time. We are looking to evolve into more effective versions of ourselves through reflective learning and trialling new, sometimes risky, but potentially more informed ways of being. These may be cultural, familial, or professional and â€” More

3: When Crisis Hits: A Perfect Catalyst for Change | Ellevate

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Pempel and John Ravenhill eds. Though the catastrophe was largely confined to East and Southeast Asia, the rest of the continent also felt the tremors, albeit in more piecemeal fashion. Responses were not only economic, but had considerable socio-political implications as well. Post-crisis Asian economic architectures reflect clear differences when compared and contrasted with the past. Crisis as Catalyst edited by Andrew Macintyre, T. Pempel and John Ravenhill captures and analyses these various differences and changes in a sincere and meaningful manner. The analyses in the book are particularly interesting since they appear close on the heels of the global financial crisis of 2008. In this respect, the volume is a useful addition to the literature examining outcomes of financial catastrophes from the political economy perspective. The nature and quality of responses for addressing vulnerabilities, as the book correctly argues, were different among different countries since they stemmed from diverse political economy circumstances. Nonetheless implicit commonalities were evident with reforms in domestic banking and financial systems being the best examples. Jennifer Amyx and T. That again, has not happened at the expense of links with the global economy. This emerges as the focal contention of the volume: Asian regionalism post-crisis has been accompanied by an equally emphatic globalization. Will Asia still continue to globalise and regionalise at the same pace? India has also emerged as a powerful economic entity in the region, which it was not during the Asian crisis. China in particular, and India, has begun playing more proactive roles in regional architectures than they did earlier. Indeed, the latest post-crisis response of the region has largely been fashioned by China and India. While none of the two would compromise on globalisation, they may impart a greater thrust to a more integrated Asia. Asian regionalism might assume a more concrete and exhaustive shape compared to the past.

4: Existential Crisis | Dr Amanda White Psychologist Brisbane

The financial crisis that swept across East Asia during was devastating not only in its economic impact but also in its social and political effects. The explosive growth and sociopolitical modernization that had powered the region for much of the preceding decade suddenly were.

One suicide prevention hotline center, for example, has had over 4, calls, double those before Maria. That same year significant psychological problems also appeared in Sonoma County, California after historic wildfires destroyed entire neighborhoods. Are these unique occurrences, experienced by just a small number of people? They are common human reactions to disasters and persistent overwhelming toxic stresses generated by rising global temperatures. Research has found that the psychological impacts often include severe anxiety, depression, PTSD, suicides, hopelessness, helplessness, moral distress, compassion fatigue, and other mental health disorders. For example, 30 to 50 percent of people affected by Hurricane Katrina suffered from PTSD, severe depression, anxiety, or hopelessness, and suicides went up substantially. In the UK after the summer floods, 75 percent of the people directly impacted experienced severe anxiety, 50 percent experienced depression, and about 25 percent suffered from PTSD. Similar impacts have been found worldwide within people impacted by wildfires. After Superstorm Sandy pummeled the U. Northeast, more than 20 percent of residents reported PTSD, 33 percent reported depression and 46 percent reported severe anxiety. Just as important, the harmful human reactions to rising global temperatures go beyond individual psychological problems to include intensifying psycho-social-spiritual maladies such drug and alcohol abuse, child and spousal abuse, aggression, extremism, crime, and violence. For example, research has found that hotter temperatures, on their own, can increase assaults, robberies, burglaries, larceny and vehicle theft. The Canadian Red Cross found that the risk of violence can increase by up to percent after a disaster depending on the type and scope of individual and collective protective factors that are undermined. One result of these troubles will be mounting economic costs. Workers traumatized by climate change-related disasters, for example, will experience declining income if they are less productive when they return to work. Businesses with traumatized employees will see a reduction in output and profits. Families will incur additional monetary costs from payments for counseling services. Students who are traumatized or living with a traumatized family member might perform less well in school, with negative impacts on their employability and earnings for the rest of their lives. Communities with high levels of individual and collective traumas will struggle with degraded social capital; erosion of the relationships and trust that are essential to function efficiently and address problems. Many other costs can be expected if the psychological and psycho-social-spiritual impacts of rising global temperatures are left unaddressed. Most importantly, atmospheric concentrations of carbon dioxide and other climate damaging greenhouse gasses are currently on a pace to double by around mid-century, which will increase global temperatures by at least 3. Unless substantial investments are made in preventative human resilience building, the psychological and psycho-social-spiritual impacts of rising global temperatures will undermine the safety, health, and wellbeing of individuals, groups, and entire communities everywhere Further, climate change-enhanced acute traumas and toxic stresses will also imperil efforts to reduce the climate crisis to manageable levels. These hazards are already visible around the globe. Yet, most municipal leaders have failed to see the urgent need to address them. Rapid reductions in carbon emissions must be a top priority for all towns and cities, as is preparing human-built infrastructure and natural resources to withstand climate impacts. Equally important, but almost completely unaddressed, is the urgent need to rapidly launch preventative Transformational Resilience initiatives in communities worldwide. Transformational Resilience is fundamentally different from disaster mental health and Psychological First Aid. These programs seek to stabilize people during and immediately after a disaster. However, many disaster mental health programs are already fragile and will be increasingly overwhelmed as climate change-enhanced disasters become more frequent and extreme. Further, many of the most harmful psychological and psycho-social-spiritual impacts of climate disruption are caused by ongoing toxic stresses, not acute disasters. It is therefore important to strengthening disaster mental health, Psychological First Aid, and similar

programs. However, this alone is woefully insufficient to address the growing array of adverse psychological and psycho-social-spiritual maladies generated by rising global temperatures. We must also rethink what resilience means in the face of human-induced climate disruption. The common definition is the capacity to "bounce back" to pre-impact conditions. This notion, however, will become increasingly irrelevant as temperatures rise because it will be impossible to return to anything resembling previous conditions. Even if global society suddenly finds the political wherewithal to cut emissions far enough to slow or reverse climate disruption, there is convincing evidence that the psychological and psycho-social-spiritual impacts will continue to grow for a century or more, and be the slowest to recover. Think and act in healthy ways even in ongoing unhealthy conditions. Use climate change-enhanced; and many other, adversities as transformational catalysts to find new sources of meaning, purpose, and hope in life. Become actively involved in pro-social and solution-focused initiatives. Basic knowledge about how trauma and toxic stress can affect their mind and body--and the thinking and behaviors of groups--everyone on the planet should become "trauma-informed. These can range from body-based to breath-based and thought-based skills, music and dance skills. In psychology these proficiencies are often called "self-regulation resilience skills. Information and skills that help people learn how to turn toward adversities, rather than denying or ignoring them, and use them as motivation to learn new things about the world and themselves. Values awareness skills that help people clarify what is truly important in life, how they want to live, and how they want treat others and the natural environment in the midst of ongoing adversity. Hope generation skills that help people use difficult experiences to find new sources of meaning, direction, and hopefulness in life. In psychology these proficiencies are often called "post-traumatic growth resilience skills. Civic and community leadership Psychological trauma and resilience building Mental health.

5: Crisis as Catalyst, Asia's Dynamic Political Economy

He's now convinced that the current global climate crisis is the catalyst for deep change. "People are now searching for, yearning for, big dramatic shifts. That changes the politics but it also changes the level of personal engagement by individuals."

6: 85/ Crisis as Catalyst for Growth | Avidan Freedman | The Blogs

Crisis as Catalyst (edited by Andrew MacIntyre, T.J. Pempel and John Ravenhill) captures and analyses these various differences and changes in a sincere and meaningful manner. The analyses in the book are particularly interesting since they appear close on the heels of the global financial crisis of

7: Crisis as Catalyst: Asia's Dynamic Political Economy by Andrew MacIntyre

This article accompanies Investing in the Future.. Global financial markets were tipping into turmoil and David A. Thaeler's new employer was facing a similar fate when he joined Haskell as its senior vice president of HR in late

8: CRISIS AS CATALYST IN SYSTEMS OF DRESS- Two More Abstracts | ON PINS AND NEEDLES

The Event. At JST on 11th March a Mw earthquake occurred off the coast of the TÅ•hoku region of Japan causing a tsunami, this led to mass destruction across the coastline.

9: CRISIS AS CATALYST IN SYSTEMS OF DRESS- Selected abstracts | ON PINS AND NEEDLES

CRISIS AS CATALYST IN SYSTEMS OF DRESS- Selected abstracts Posted on May 5, by Keren Ben-Horin Following are some of the fascinating papers which will be presented this coming Saturday May 7th at The Annual Research Symposium of the Fashion and Textiles: History, Theory, Museum Practice Program at FIT's School of Graduate

Studies.

The History of Scotland (Works of William Robertson) Principles and results of family therapy in schizophrenia Kurt Hahlweg and Georg Wiedemann. A court of wings and ruin tuebl Social cognitive neuroscience of organizations A Book of Historical Recipes The Flavor of Life Shrink-proof city Tumor and host endothelial cell selective interactions and modulation by microenvironmental chemokines: t Oxbridge Directory of Newsletters 2003 Stretching out hands to God: Africa and the Middle East English kumarbharati 9th textbook Herbert Read: the stream and the source. Full Woman, Fleshly Apple, Hot Moon The Book of Kells and the Art of Illumination Proofiness the dark arts of mathematical deception Capitalization and punctuation worksheets with answers Not a right-hand man The real book about dogs National export policy Being jamie baker Papers of Benjamin Franklin. Dk atlas of world history Public servant and the law As merchants amass earthly gains, so Christians gather together their thoughts that were scattered about Soft Computing in Software Engineering (Studies in Fuzziness and Soft Computing) Christ and ourselves. Rrb question paper 2017 Two lectures in modern German history AHS great plant guide. Life and death of american cities The great serpent in eastern North America George E. Lankford The Design and Analysis of Computer Experiments (Springer Series in Statistics) Effect of the tariff upon agriculture. Bar Harbor and Mount Desert Island . Massively Multiplayer Online Role-Playing Games The West Indies, by Sir D. Morris (delivered Feb. 9, 1911 Note on the oil resources of The West Indies, b Bogotazo and the Barranquilla group Python for finance second edition yuxing yan National Rhythms, African Roots Biology and human identity