**Table 2: Sample for identifying shocks and stresses in your community and country**

|  |  |  |  |
| --- | --- | --- | --- |
| Tick | Shocks | Tick | Stresses |
|  | Typhoons, cyclones, hurricanes, storm surges |  | Droughts |
|  | Floods, Flash floods, Glacial Lake outbursts |  | Rising sea levels and associated saltwater intrusion and coastal erosion |
|  | Landslides |  | Increasing temperatures |
|  | Heatwaves |  | Glacial retreat |
|  | Wildfires |  | Changes in average rainfall |
|  | Extreme cold |  | Ocean acidification |
|  | Excessive rainfall |  | Erratic weather patterns including changing monsoons dynamics |
|  | Other …. |  | Land and forest degradation/natural resource degradation |
|  |  |  | Loss of biodiversity |
|  |  |  | Increasing desertification |
|  |  |  | Other …. |
|  |  |  |  |