**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 ….  |
|  |  |  |  |