



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

