

Uncertainty-Anxiety-Hope-Risk-Mistakes-Resilience-Perseverance-Justice

Discussion: Let's look at anxiety as a natural response to uncertainty and the positive role of low-level anxiety as a necessary aspect of resilience, perseverance, and creative solution finding. Consider the dilemmas of today and the past that are and were a source of anxiety.

Climate change

Oppression, Privilege

Inequality

War

Disease List more...

What antidotes have arisen?

Imagine you have ample resources, where might you apply our own creative potential?

Resources for fueling further discussion:

[Fight Flight Freeze - A Guide to Anxiety for Kids](#)

[Fight Flight Freeze – Anxiety Explained For Teens](#)

Brian Stevenson- hopelessness is the enemy of justice (Just Mercy) [Bryan Stevenson — Love is the Motive | The On Being Project - The On Being Project](#)

Van der Kolk OnBeing How Trauma Lodges in the Body ([stress and action excerpts here](#))
[Bessel van der Kolk — How Trauma Lodges in the Body | The On Being Project - The On Being Project](#)

[Welcoming the Gifts of Anxiety, by Karla McLaren](#) nuanced levels of emotions, reframing anxiety (low-level vs. heightened) [Emotion Language](#)

[Reasons for Hope on Climate Change in 2021](#) Reasons for hope on climate change in 2021

[Generating Buoyancy in a Sea of Uncertainty: Teachers Creativity and Well-Being During the COVID-19 Pandemic](#) Generating Buoyancy in a a Sea of Uncertainty

Rebecca Solnit - aggressively publicly hopeful, without struggle there is no hope, without hope there is no struggle

- [Solnit -Hope is an Embrace of the unknown the Guardian](#)
- [Rebecca Solnit on Hope on Vimeo](#)

CREATIVE ENGAGEMENT FOR HEALTH

