

## Crises

cri·ses

noun

- (1) a time of intense difficulty, trouble, or danger.  
"the current economic crisis"
- (2) a time when a difficult or important decision must be made.  
"a crisis point of history"
- (3) the turning point of a disease when an important change takes place, indicating either recovery or death.
- (4) a severe and sudden disruption in any part of the economy. Examples include a stock market crash, spikes in inflation or unemployment, a series of bank failures, or an uncontrolled outbreak of disease or pandemic. They have severe effects even though they don't always lead to a recession or depression.
- (5) In 'crisis management, there are six stages within every crisis: (1) warning; (2) risk assessment; (3) response; (4) management; (5) resolution, and (6) recovery.

"It's neither the most intellectual of the species that survives; nor the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself."

- Charles Darwin

"When written in Chinese,  
the word 'crisis' is composed of two characters.  
One represents danger and the other represents opportunity."

- John F Kennedy

"Opportunities to find deeper powers within ourselves come when life seems most challenging."

- Joseph Campbell

"Never let a crisis go to waste."

- Winston Churchill

"In the midst of chaos, there is also opportunity."

— Sun Tzu

"When a man is pushed, tormented, defeated, he has a chance to learn something."

- Ralph Waldo Emerson

"Our molting season, like that of the fowls,  
must be a crisis in our lives."

- Henry David Thoreau

“Hardships often prepare ordinary people for an extraordinary destiny.”

- C.S. Lewis

“When we are no longer able to change a situation, we are challenged to change ourselves.”

— Viktor E. Frankl

"It still holds true that man is most uniquely human  
when he turns obstacles into opportunities."

- Eric Hoffer

"Do not dwell in the past, do not dream of the future,  
concentrate the mind on the present moment."

- Tenzin Gyatso, the 14th Dalai Lama

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