



50. Overcoming a crisis

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Crisis

- Crisis is a sudden and often surprising event that takes individual into situation where learned approaches and coping mechanisms are insufficient or don't work
- The feeling is often described as fear of loosing control of one's life



Crisis

Developmental crises

Puberty

Moving away from home

Marriage

Birth of a child

Changing a job

Life crises

Family member's sickness

Alcoholism

Unemployment

Domestic violence

Divorce

Traumatic crises

Death of a close-one

Suicide

Accident

Robbery or burglary

Violence

1. Shock phase



2. Reaction phase



3. Processing phase



4. Reorientation phase

Denial, shutting down emotionally, not being able to comprehend the event that caused the crisis, unpredictable reactions

Strong emotions surface, realization, need to know whose responsible, insomnia, lack of appetite, trembling

Coming to terms with what has happened, away from denial, facing the event and accepting it, withdrawal

The past is accepted as a part of life story and identity, overcoming sadness, new found joy, becoming stronger

Overcoming a crisis

Social survivor

Emotional
survivor

Cognitive
survivor

Creative
survivor

Mental
survivor

Physiological
survivor



Homework

- What kind of a survivor would you be?
- How could you overcome a sudden crisis?
- What kind of surviving tactic would you like to strengthen in yourself?

