

Risk, Community
and a Courageous
Australia

Damien Cave
Author of "Into the Rip"







WHAT MAKES
AUSTRALIA
STRONG?

94.4 per cent of Australians report being able to get support in times of crisis from people living outside their household

Where Are Young People Most Optimistic? In Poorer Nations.

More than half of Americans, young and old, say children today will be less economically successful than their parents, a global survey shows.







RISK PERCEPTION AND EVOLUTIONARY BIOLOGY

A risk that could kill many people at once scares us more than a threat that kills people one by one over time

Our fears are greater for children. Toxins in schools frighten us more than toxins in a workplace

We're more likely to resist a risk imposed on us than when we voluntarily expose ourselves to same risk

‘Attention is akin to
a spotlight’

*Paul Slovic, University
of Oregon*

‘We are something, but
we are not all’

Blaise Pascal



#1: DIVE IN

Building proficiency, getting better at risk, starts with a decision to act.

Throw yourself out there, into the rip or anything that's uncomfortable.

THE PSYCHOLOGY OF STRESS

In studies of rats, the adrenal glands grew after exposure to minor stressors. When faced with a new challenge, the rats were calmer than control groups.

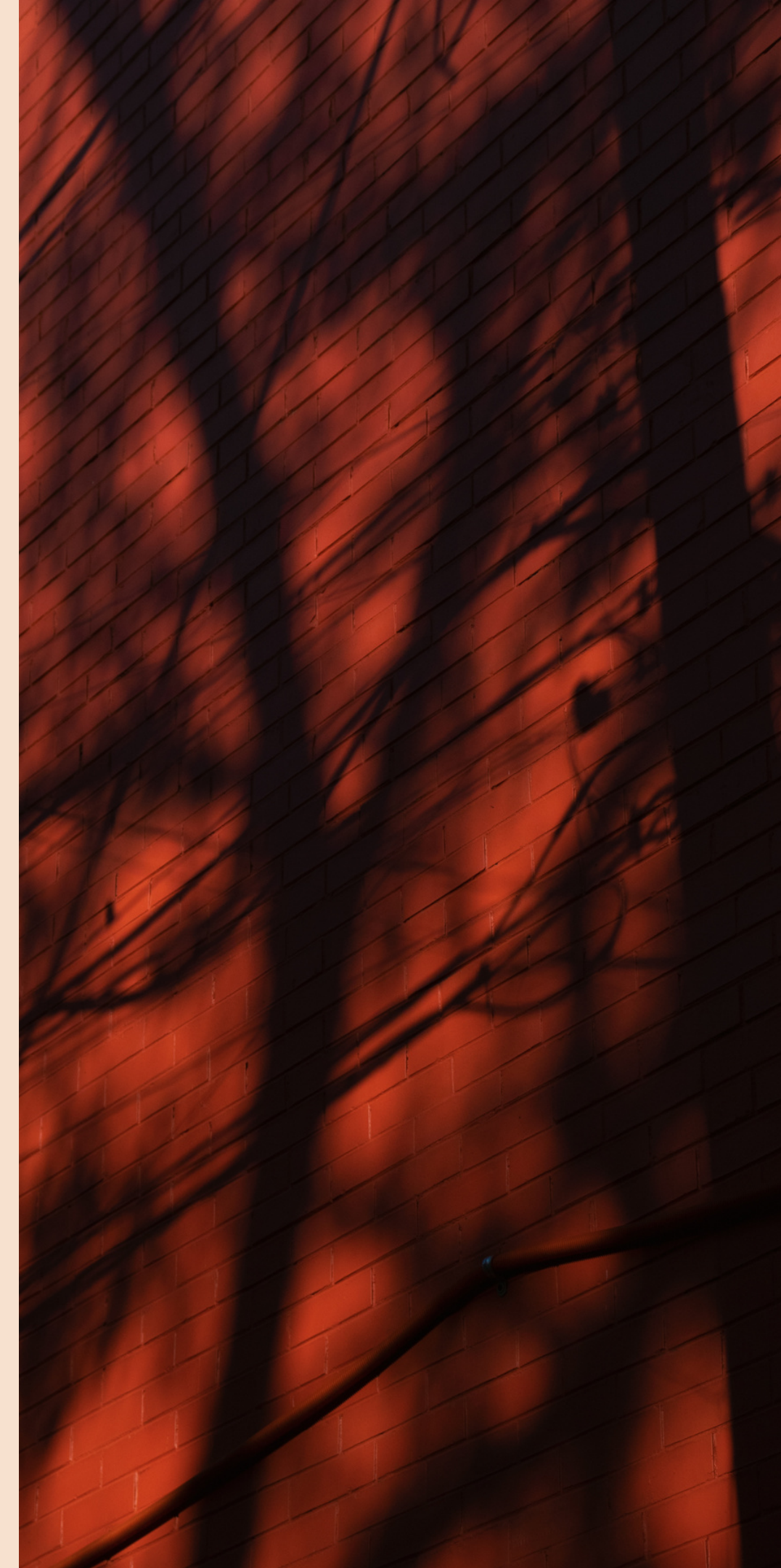
Studies of paratroopers have found that they do better on written tests after an intense jump.

‘We need to endure the challenge of
sometimes stressful, novel and
potentially threatening
environments to foster true
originality.’

*Brock Bastian, University of
Melbourne*

#2 Sit in the Humvee

To do well, to build toward mastery of anything, we need to be comfortable learning to endure; to build toward what the Epicureans called *ataraxia*, which means tranquility of mind.



ENDURANCE

Repetition of the unenjoyable builds stamina and hones our instincts so we can respond quickly when a real crisis arrives.

Risk researchers love checklists because they help people recall their training and stay calm in stressful moments.

#3: SEEK AND GIVE HELP

Positive peer pressure can be a force for good.





'Nobody has all the expertise. Everybody has a contribution to make. No single person, no single discipline, no single country can solve these large collective problems.'

Elke Weber, Princeton University



THANK YOU!

