**Notes on the Mentor Texts**

When a crisis occurs within an individual, it typically refers to a personal or psychological crisis. Here are several likely scenarios that may unfold:

**Internal Struggle and Emotional Turmoil:** The individual may experience intense emotional distress, such as anxiety, depression, anger, or confusion, as they grapple with the crisis internally.

**Cognitive Dissonance:** The crisis may lead to cognitive dissonance, where the individual experiences conflicting thoughts, beliefs, or values, causing psychological discomfort.

**Loss of Coping Mechanisms:** The crisis may overwhelm the individual's usual coping mechanisms, leaving them feeling helpless, hopeless, or unable to effectively manage their emotions.

**Identity Crisis:** The crisis may challenge the individual's sense of self and identity, leading to feelings of insecurity, self-doubt, or existential angst.

**Social Withdrawal:** The individual may withdraw from social interactions and activities as they struggle to cope with the crisis internally. This could result in feelings of isolation or loneliness.

**Maladaptive Behaviors:** In an attempt to cope with the crisis, the individual may engage in maladaptive behaviors such as substance abuse, self-harm, or avoidance, which can further exacerbate the situation.

**Seeking Help:** Recognizing the severity of the crisis, the individual may seek help from mental health professionals, such as therapists, counselors, or psychiatrists, to receive support, guidance, and treatment.

**Spiritual or Existential Exploration:** The crisis may prompt the individual to engage in spiritual or existential exploration, seeking meaning, purpose, or a sense of transcendence in the face of adversity.

**Resilience and Growth:** With time and support, the individual may gradually navigate through the crisis, developing resilience, gaining insight, and experiencing personal growth in the process.

**Recovery and Healing:** Ultimately, the individual may emerge from the crisis with a greater sense of self-awareness, inner strength, and capacity for healing, although the journey may be long and challenging.

These scenarios highlight the complex and multifaceted nature of crises within individuals and underscore the importance of empathy, support, and professional intervention in facilitating healing and recovery.

2. A crisis “between” (individuals and groups)

​pdf icon [The astonishing journey of surgeon Munjed Al Muderis.pdf](https://aus01.safelinks.protection.outlook.com/ap/b-59584e83/?url=https%3A%2F%2Fcgsviceduau-my.sharepoint.com%2F%3Ab%3A%2Fg%2Fpersonal%2Fsle_cgs_vic_edu_au%2FEaNjMPeuTKJLgGIK5WgAHV4BOL5qrWa_2-0xqNXtnIqD1g&data=05%7C02%7Crgm%40cgs.vic.edu.au%7Cec521ee8b14d44679c7708dc367f5531%7Ccd8cca2b236a470b8d44d277485ee1f0%7C0%7C0%7C638445167720941472%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=nDUOA4OviFhu1Htjt20NiyapbMFce0dObUaLOW0xRuQ%3D&reserved=0)

(Support material -

“The Whistleblower who brought down Australia’s Dr Death” -

[The Whistleblower who brought down Australia's Dr Death - ABC listen](https://www.abc.net.au/listen/programs/backgroundbriefing/the-whistleblower-who-brought-down-australia-s-dr-death/102996262) (podcast))

When a crisis occurs between individuals, there are several likely scenarios that may unfold, depending on the nature of the crisis and the individuals involved. Here are some common scenarios:

**Conflict Resolution:** The individuals involved may engage in conflict resolution strategies to address the crisis. This could involve open communication, negotiation, compromise, and seeking mediation from a neutral third party if necessary.

**Escalation:** The crisis may escalate if the individuals are unable to resolve it constructively. This could result in heightened tension, increased hostility, and potentially even physical or verbal aggression.

**Seeking Support:** Individuals may seek support from friends, family members, or professionals such as therapists or counselors to help them navigate the crisis and manage their emotions.

**Withdrawal:** In some cases, individuals may withdraw from the situation altogether as a coping mechanism. This could involve avoiding the other person involved in the crisis or distancing oneself emotionally.

**Reconciliation:** After some time has passed, individuals may attempt to reconcile and repair the relationship. This could involve apologizing, forgiving, and rebuilding trust.

**Legal Action:** In more serious cases, individuals may resort to legal action to address the crisis. This could involve filing a lawsuit, obtaining a restraining order, or seeking legal advice on how to protect their rights.

**Escalation to Authorities:** If the crisis involves illegal behavior or poses a threat to someone's safety, individuals may escalate the situation to the appropriate authorities, such as law enforcement or child protective services.

3. A crisis “without” (from beyond - towards individuals and groups)

“It’s not Climate Change: It’s Everything Change” by Margaret Atwood

​pdf icon [It’s Not Climate Change — It’s Everything Change \_ by Margaret E. Atwood \_ Matter \_ Medium.pdf](https://aus01.safelinks.protection.outlook.com/ap/b-59584e83/?url=https%3A%2F%2Fcgsviceduau-my.sharepoint.com%2F%3Ab%3A%2Fg%2Fpersonal%2Fsle_cgs_vic_edu_au%2FEX3y8yN-vzVPjG6J6oD07nABa0_CI0e4ESQ-RKAiGEauhw&data=05%7C02%7Crgm%40cgs.vic.edu.au%7Cec521ee8b14d44679c7708dc367f5531%7Ccd8cca2b236a470b8d44d277485ee1f0%7C0%7C0%7C638445167720957740%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=DGSU4aD8w0xB0jj9jI5rBkcqNAL3X3GWciaFOUWXtAk%3D&reserved=0)

(Support material -

​pdf icon [Margaret Atwood interview\_ The author speaks on hope, science, and the future\_.pdf](https://aus01.safelinks.protection.outlook.com/ap/b-59584e83/?url=https%3A%2F%2Fcgsviceduau-my.sharepoint.com%2F%3Ab%3A%2Fg%2Fpersonal%2Fsle_cgs_vic_edu_au%2FER_WELWJDpxBkczUqowL8WsBjuJqYJsSRvITVoPCEHW7Rg&data=05%7C02%7Crgm%40cgs.vic.edu.au%7Cec521ee8b14d44679c7708dc367f5531%7Ccd8cca2b236a470b8d44d277485ee1f0%7C0%7C0%7C638445167720950075%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tGOGu9ZJ3V7dlsFAoDt5NWJP5U44I6CHenhVr461Fjg%3D&reserved=0))

Other considerations:

Climate Change Crisis in Australia: An essay focusing on the impact of climate change on Australia, including bushfires, droughts, and other environmental challenges.

**Economic Crisis and Inequality:** This essay explores economic crises in Australia, including issues such as income inequality, housing affordability, and unemployment.

**Indigenous Crisis:** Discusses the ongoing crisis faced by Indigenous Australians, including issues such as health disparities, socio-economic challenges, and cultural preservation.

**Mental Health Crisis:** Examines the rising rates of mental health issues in Australia and the challenges in accessing adequate support and resources.

‘COVID-19 Pandemic Response’: An essay analyzing Australia's response to the COVID-19 pandemic, including public health measures, economic impact, and societal changes.

**Environmental Crisis and Biodiversity Loss:** Explores the loss of biodiversity in Australia, including habitat destruction, species extinction, and the impact on ecosystems.

**Political Crisis and Governance Challenges:** Examines political crises and governance challenges in Australia, including issues such as corruption, leadership instability, and trust in government.