

# AI-00204 Mt Everest Summit Mortality

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What is the psychological explanation of the reason why there are so many deaths after reaching the summit of mt Everest compared to the ascent?

The phenomenon of higher mortality rates among climbers on Mount Everest after reaching the summit, as compared to during the ascent, can be attributed to several psychological and physiological factors.

One psychological factor is a phenomenon called summit fever. This is a condition where climbers become so focused on reaching the summit that they ignore warning signs of danger, such as fatigue, low oxygen levels, and adverse weather conditions. This can lead to poor decision-making, risky behavior, and a lack of judgment that can put climbers in danger.

Additionally, the physical and psychological toll of reaching the summit can be significant. Climbers may experience exhaustion, dehydration, hypoxia, and other physical symptoms. These symptoms can impair cognitive function and decision-making abilities, making it more difficult for climbers to recognize and respond to danger.

Moreover, the descent can be more dangerous than the ascent, as climbers may be more fatigued, and the risk of injury increases due to the steep terrain and potential weather changes. This is compounded by the fact that climbers may experience a sense of relief and relaxation upon reaching the summit, leading to complacency and a lack of vigilance during the descent.

In summary, the higher mortality rates among climbers on Mount Everest after reaching the summit can be attributed to a combination of psychological and physiological factors, including summit fever, physical exhaustion, cognitive impairment, and a more challenging descent.

List 20 things to remember after reaching a psychological summit?

The following are 20 things to remember after reaching a psychological summit:

1. Celebrate your achievement and take time to acknowledge your hard work and dedication.
2. Take a break and allow yourself time to rest and recover from the intense effort.
3. Reflect on the journey and the lessons you learned along the way.
4. Set new goals and aspirations to work towards, so you have a sense of purpose and direction.
5. Share your experience with others who may benefit from your insights and knowledge.
6. Stay humble and recognize that there is always more to learn and improve upon.
7. Practice self-care and prioritize your physical and emotional well-being.
8. Keep your support system close and lean on them for encouragement and guidance.
9. Embrace challenges and setbacks as opportunities for growth and learning.
10. Don't compare yourself to others or measure your success solely based on external validation.
11. Stay curious and open-minded, and continue to explore new ideas and perspectives.
12. Be grateful for the experience and the people who supported you along the way.
13. Use your success to inspire and motivate others to pursue their own goals and aspirations.
14. Stay focused and committed to your goals, but also be flexible and adapt to changing circumstances.
15. Recognize the potential risks and dangers associated with success, such as complacency and burnout.

16. Practice gratitude and cultivate a positive mindset to help sustain your motivation and enthusiasm.
17. Seek feedback and constructive criticism to help you continue to improve and grow.
18. Use your success as a platform to make a positive impact in your community and the world.
19. Keep learning and developing new skills to stay relevant and adapt to changing circumstances.
20. Never forget the lessons you learned and the people who helped you reach your summit