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Active reading climate answers

Photo: Chip Somodevilla (Getty Images)The world is warming up. There's no doubt about that. A new report breaks down exactly how shitty we are, it's time to back up and talk about the basics of the situation. By 2030, we, as a collective 7 billion people, will know our fate, or at least our fate... Read moreWhy is the world heating up? Because there's a lot more carbon dioxide in the atmosphere than ever before. Carbon dioxide is one of the greenhouse gases that trap heat on the Earth's surface. (There are others like methane, but carbon dioxide is the biggest in the game when we talk about climate change.) NASA has a nice explanation. There are natural and human-made carbon sources, but this man-made one has grown over the years. We release carbon dioxide into the atmosphere when we burn fossil fuels. This includes driving cars (gasoline is a fossil fuel) or electricity that comes from coal-fired power plants (coal is a fossil fuel as well) to name a few. For the thousandth time, a new report says with great certainty, if we... Are you sure you do? Yes, there's no doubt about that. Scientists agree that almost every measurement, from today's weather stations to historical records, ice layers trapped thousands of years ago, all point to a drastic increase in carbon dioxide over the past 150 years, along with a temperature rise. But we're only talking about a few degrees, right? The Earth has warmed up to about one degree Celsius since we started burning huge amounts of fossil fuels. (Degrees Celsius is greater than Fahrenheit degrees, so it's 1.8 degrees Fahrenheit.) Countries that have signed the Paris Agreement are trying to keep warming below two degrees Celsius. A few degrees, on a global scale, a lot. What if I like hot weather? This isn't about you. If you like California's climate more than New York, you can live in California and New York. As the earth warms, cooler places and seasons will be no more. There are small things: more mosquitoes (including disease carriers), less maple syrup, possibly no more coral reefs. And the big things: more hurricanes, less ice in the ice caps, rising sea levels. We're already 20 centimeters up. How inevitable is that? That's what scientists discussed in a report released this week, and it doesn't look good. The Intergovernmental Panel on Climate Change has prepared the report for the countries of the Paris agreement and says that we are on track for three degrees Celsius warming (5.4 degrees Fahrenheit). The good news (not really) is that if we stop burning fossil fuels now, we could keep warming below 1.5 degrees Celsius. Theoretically, we are optimistic – It also stays below 1.5 degrees of warming if you drastically slow down the speed at which you burn fossil fuels, and we will do our best to also remove carbon from the atmosphere. But that would require a technological face that doesn't look like it's ever going to happen. As one scientist told the Washington Post: Even if it is technically possible without aligning the technical, political and social aspects of feasibility, this will not happen, added Glen Peters, director of research at the Center for International Climate Research in Oslo. To limit warming below 1.5 °C or 2 °C, all countries and sectors must act. This scenario only gives us 10 to 14 years of current emissions levels and is likely to involve hefty carbon taxes that brakes our spewing carbon dioxide into the atmosphere. Okay, but what if I recycle it? If you want to reduce your personal carbon footprint, it has the biggest impact on the things you can do to have fewer children, throw your car away, fly less, and be vegan. But it's a bigger picture thing than what we can handle as individuals, so we can lobby members to enact sweeping changes that affect overall, global carbon emissions. Switching to a plant-based diet doesn't mean it's automatically super healthy. You can eat... Read morePolitically, there is room for discussion about what we need to do about this situation, including our responsibility for high incomes versus low-income nations. But scientifically, there is no doubt that the Earth is warming and that it will require an almost superhuman effort to reverse this trend. I wish us luck here. Last updated on December 17, 2020 Listening skills are not easy for many of us, especially in the global pandemic, when we're particularly stressed and easily distracted. The art of communication is more than just speech; requires you to listen and listen. You have to learn how to be a good listener, because most of us aren't born with it. Every relationship needs communication to survive, and it takes work. The good news is, it's not hard to learn how to be a good listener. In fact, if you're someone who feels you could use a brush up on your communication skills, here are some pointers that you can start using right away to help you have more meaningful relationships with each relationship.1. Validate feelings Has anyone ever told you that you're overreacting or stop crying during conversation? I'm sure we've all heard that at some point in our lives. The thing is, it doesn't feel good to be rejected by someone interested, especially in times of increased stress or intense discussion. Feelings matter, whether you agree with them or not. One of the biggest things that someone has to validate their feelings when it's you how to be a good listener. Tell them you can hear them and that you acknowledge how they feel. When you do this, you create a relatability element, showing that you understand the other person's feelings. If you can be more relatable to someone who cares, it will increase your confidence in your relationship. Back in March, when the epidemic began, my eight-year-old son struggled with virtual learning away from his friends and school that he loved so much. It wasn't closing for him and it was obvious as the day approached as he refused to acknowledge the school because it wasn't physically in the classroom. Most days it contained some kind of collapse, which was very stressful for all of us. One day, he was lying on his living room sofa crying about how terrible the situation was for him. I want to go to school and see my friends. I miss my teacher. That's the worst thing I've ever done, she sobbed. As I watched him at that moment, I realized I had two choices: I could tell him to stop, swallow it, and go to school, or I could get in with him and help him understand that I was feeling exactly the same feelings. I decided to sit down with him and take him in my arms, hug him, and tell him I felt the same way. I wanted him to be with his friends at school so he could go to football practice and have fun, that I missed my friends, and that, yes, you're right, that's the worst. As soon as I did, something moved. He looked at me with a realization that I didn't understand what he was going through because I had a similar experience. Demonstrating relativity, validating his feelings, and a good audience for his needs helped us make a breakthrough in our communication. 2. Be PresentDistraction around us. Since a lot of information is thrown at us at a million miles per hour, it's no wonder communication can suffer in relationships. If you have a conversation with someone that really cares about whether it's your partner, a good friend, or your child, be sure to be free of distraction during the conversation. Having little or no distraction allows you to be a better listener. This allows you to focus on the conversation and really digest the discussion. Furthermore, it helps to allow you to be thoughtful and attentive to the interaction. I realized that my most successful conversations take place in neutral territory. It helps reduce stress and remove the judgment of interaction. Some of the best conversations I've had are walks while driving in the car or even laying bed lights down. I am also fully present and engaged with the ability to absorb the conversation on hand, especially if the conversation is a sensitive topic. It's hard to have an unpleasant conversation sitting across the table or not in your area. He can do it. more like an interrogation, and often begin to worry or after the guard is up. If you do your best to eliminate that situation, you're offering a desire to find a solution by providing a safe place to listen and communicate more successfully. We tend to make ourselves and our feelings easier when we feel we are not judged. When my husband and I need a hard conversation, I often go for a walk or a conversation in the middle of the night in the dark. The lack of distraction allows us to truly listen to each other's needs and desires and to create a stronger bond between respect and intimacy.3 Answer, just as you want to learn how to be a good listener, react, don't react. How many times have you regretted reacting to a conversation with someone you care about? Whether it's a personal or professional relationship, it's important to know how to respond. Because we're human, and it's only natural to be defensive, especially when communication isn't something we disagree with, we usually react without taking into account the big picture. That doesn't help if you're trying to move forward in a situation. Maybe you're thinking, how does silence come into play when you're answering someone else's engagement? It doesn't matter if you are having that conversation via text, email, or in person; the way in which the information is absorbed directly affects the way the interactive dialogue is done. Think of a time when you were at work and received an email from a co-worker that started you. That's what happened to all of us. Many times, you can press the answer button and go to the city unloading our feelings and thoughts without the time to fully digest and consider the content in front of us. We don't pay attention to what our expert asks. Dealing with sensitive situations can be tricky. That's why I'd like to advise my clients to react and not to react, and let's start with the idea. When faced with a challenging situation, think about how you want this experience to be resolved. You want to be able to walk away with a hug, an agreement, and a positive outcome? If so, the way to go is to have a good audience and planning for the answer. Final ThoughtsCommunication in any relationship, personal or professional is difficult. We need to commit to showing up and doing the work to make sure they are successful and prosperous. Learning how to be a good listener plays a big part in the success of each individual. The next time you find yourself in a situation where you need to pay attention, remember to validate, be present and respond with thoughtful consideration. You will be surprised how much the interactions improve. More about R to a good listenerSeed photo credit: Standsome Worklifestyle unsplash.com unsplash.com unsplash.com

