



ANTIFRAGILITY FOR FH OBERÖSTERREICH

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Nassim Nicholas Taleb distinguishes between three categories:

fragile, resilient and antifragile systems.

Fragile systems are harmed by stressors, resilient systems resist them, and antifragile systems benefit from them.

Stressors encompass a wide range of conditions and experiences that can challenge an individual's or System's ability to adapt. There can be:

Physical stressors: physical threats or extreme environmental conditions such as heat, cold, noise

Psychological stressors: work pressure, exam stress

Social stressors: social exclusion, bullying or conflicts

Environmental stressors: living conditions, traffic noise or pollution

Biological stressors: illnesses, injuries or hormonal changes

(Life stress and health: Stressors and resources. N. Lin, W. M. Ensel, 1989)

Examples of Antifragility in our world:

🌱 Some plant species, such as certain eucalyptus species, have adapted to regular forest fires and even need them for reproduction. Their seeds are designed to be activated by fire so that the plants can germinate and grow better after a fire than without this disturbance.

💉 The human immune system strengthens its defenses through exposure to germs and viruses. Vaccinations utilize this principle by confronting the body with weakened or dead pathogens to provoke an immune response without causing serious illness. The system is strengthened, not weakened, by the challenge.

🏆 Athletes and coaches utilise the principles of antifragility through targeted stress and recovery management. Through the concept of supercompensation, athletes improve their performance by growing beyond their original performance level after a targeted stress and subsequent recovery phase. This cycle of stress and recovery makes them stronger and more efficient in the long term.

To sum it up: "Anything that has more downsides than upsides due to a random event is fragile. Anything that has more positive than negative effects is antifragile."

Dr. Paige Williams

How we can deal with our stressors to become antifragile:

♻️ Foster Routines ("Rhythm replaces Power" Sabine Gromer)

📖 Welcome the Unexpected by learning new things ("Creativity is the ability to develop original and valuable ideas or solutions by combining existing knowledge, experience and ways of thinking and applying them in new and unusual ways")

📦 Own Your Actions & Let Go of things you cannot influence ("Grant me the serenity to accept the things I cannot change, Courage to change the things I can, and wisdom to know the difference." Reinhold Niebuhr)

💬 Use "and" instead of "but" to open more spaces (in your head)

Book Recommendations:

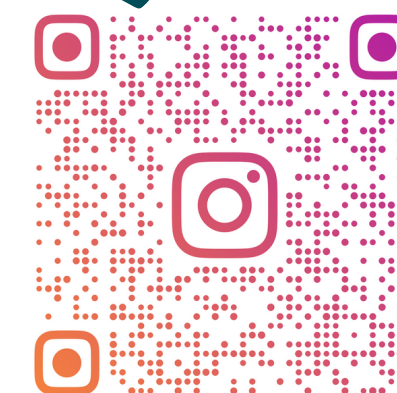
Antifragile by Nassim Nicholas Taleb

Atomic Habbits by James Clear

Designing your Life by Bill Burnett & Dave Evans

Daring Greatly by Brené Brown

*Do you
have a
question?*
REACH OUT ANYTIME.



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