

Why do some people lose all their skills when faced with a crisis, while others are able to do certain things better than usual? What do these differences depend on?

A "crisis" is a situation that can make or break us, depending on how we learn to respond to it. If we respond correctly, it will give us strength and wisdom. But if we respond incorrectly, it will destroy all our skills and abilities. To turn a crisis into a creative power and opportunity, here are some techniques:

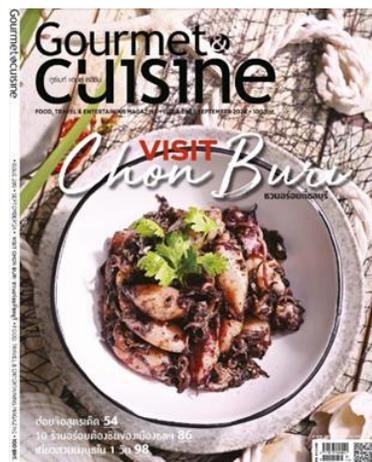
**1. Respond to crises in a proactive rather than defensive manner.** See situations as challenges rather than threats. Embrace challenges without fear and confidently use your strengths by being proactive, goal-oriented, and guided rather than defensive or avoidant. Tell yourself, "Whatever is coming, I can handle it."

**2. Keep the goal positive in mind.** The key is to stay focused on the goal, mentally rehearse the experience of going through the crisis to achieve the desired goal without deviating in the other direction, that is, the attitude of fighting instead of fear or flight. The crisis itself will act as a stimulus that releases more power to help us achieve the goal more easily. In such cases, excitement will increase the courage, the strength to move forward.

**3. Assess the situation realistically.** Don't assume that small challenges are life-threatening. If we overestimate the danger or difficulty, we tend to become more excited than normal. If we misuse this excitement, it can do more harm than good.

**4. Assess the worst that can happen.** When faced with a misfortune, seriously and carefully consider what the worst that could happen is, rather than reacting irrationally. Looking at the misfortune directly gives us a good reason to believe that, in the end, no catastrophic event will occur. You will find that your anxiety is greatly diminished and replaced with relief.

Also, if we need to learn some skills, we should practice without pressure, and we will do well when we encounter a crisis later. Pressure will make us learn less, so practicing is very important.



(2024, September), No problem when using a wide-mouth vase: Kitchen & Home : 19 (217) : 68-69

This time we'll also introduce you to the Flower Frog. Many people often have the problem of wide-mouthed vases and not knowing how to insert flowers so that they stand in the center without falling over and resting on the edge of the vase. A very easy solution is to use Floral Foam, also known as an oasis block, but that's more suitable for opaque vases because if the vase is made of transparent or translucent glass, the green Floral Foam will be visible and not very pleasing to the eye.

Flower Frog is a great help in this matter. It is a white sheet with holes punched almost all over the sheet. It covers the mouth of the vase to help control the flower branches from falling. It is widely available but it is expensive because it is made of metal. However, we can make it ourselves using Japanese clay or various clays that do not need to be heated. It is easy to make. Just mold the clay into a ball and roll it into a sheet about 5 millimeters thick. Roll it into a sheet larger than the mouth of the vase to fit nicely on the mouth of the vase. Then, punch holes all over the sheet. Let the clay set for a while before it can be used. It is easy to make, useful, and also makes the vase look cuter. As for the flowers, choose whatever you like. We used a yellow-orange or purple tone because we wanted to emphasize the DIY Flower Frog a little bit.

Using Japanese clay or other clays can be a bit difficult to control. For beginners, it can break easily. It depends on the stickiness and pressure of each type of clay. For those who are not good at it, we recommend using oil clay because it is very sticky and flexible, easy to mold. However, oil clay will not permanently harden like clay. But it doesn't matter. When you're done using it, store it. If you want to use it again, mold it again. You can change the shape and style endlessly. You don't have to buy new ones. It also saves a lot of money.

