



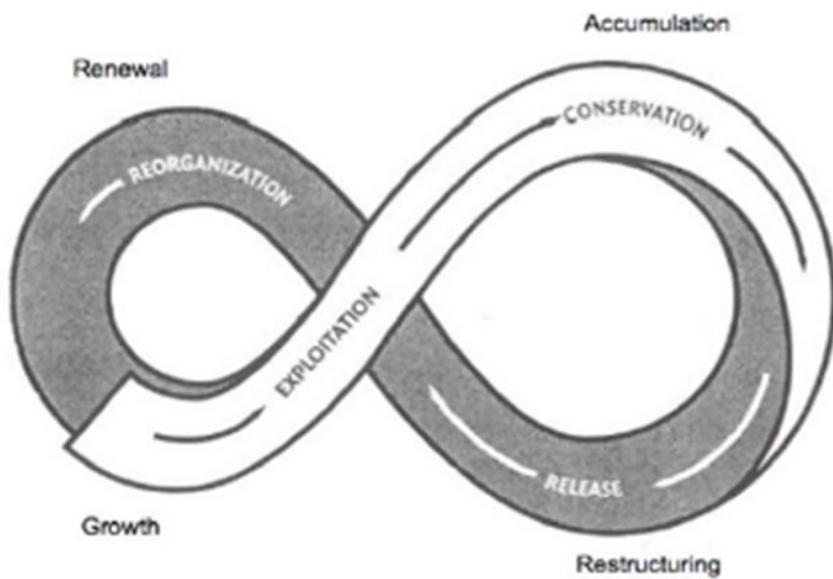
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**Table 1.** Stages of the Adaptive Cycle (Gunderson and Holling 2002; Holling 2001; 1986)

<b>Exploitation/ Growth</b>	The structural aspects, productivity levels, relationships, and traditional forms of capital that exist within a system
<b>Conservation/ Accumulation</b>	Productive efficiencies, resources, and forms of capital that emerge and evolve as a system prepares for disturbance and transition
<b>Release/ Restructuring</b>	Transition and change that occurs due to disturbance brought on by increasing connectedness, rigidity and vulnerability within a system; ability to cope, or adapt, relies on possessed resources and capital
<b>Reorganization/ Renewal</b>	Adaptive and innovative properties that allow a system to reformulate, or reorganize, capital during transition to build adaptive capacity, hence increasing resilience and against future stressors and disturbances





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