

Nostalgia

Part 2

A bittersweet longing

..... life, change is the default, not the exception;
transformation is baked into every aspect of our world,
..... physical growth scientific progress.
Novelty, meanwhile, is an antidote to boredom, stagnation
and satiation.

Nonetheless, people long stability. Change can
threaten well-being, especially when it requires a new set of
skills to meet new demands. Stress can accompany
unexpected or extreme change, since our ability to control
situations depends upon a reasonable degree of predictability.
(Imagine not knowing if a stone would fall or rise when you
let go of it.)

Nostalgia is a bittersweet yearning the past. It's
sweet because it allows us to momentarily relive good times;
it's bitter because we recognize that those times can never
return. Longing our own past is referred to
personal nostalgia, and preferring a distant era
termed historical nostalgia.

Although nostalgia is universal, research shown that
a nostalgic yearning the past is especially likely
..... occur during periods of transition,
maturing into adulthood aging into retirement.
Dislocation or alienation resulting military conflict,
moving to new country or technological progress can
..... elicit nostalgia.

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