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Coping mechanisms are strategies people use to deal with stress and manage uncomfortable emotions. Whether you realize it or not, you are using techniques like problem- and emotion-focused coping regularly. These behaviors can help you positively cope with stress but can sometimes be harmful. Nitat Termmee / Getty Images Stress is
unavoidable, whether due to daily life (a traffic jam, job worries, or sick kids), anxiety over an upcoming activity, or a dangerous or life-threatening situation. No matter the circumstance, you depend on coping mechanisms to:Reduce stress: One of the primary roles of coping skills is to reduce stress, minimize its impact on your life, and develop
resilience. Regulate emotions: Controlling your emotions and emotions and emotions and emotions and emotions and emotions are decisions. Solve problems: Your ability to cope with difficult situations allows
you to consider urgent issues and make better decisions. Improve physical and mental health. Long-lasting stress is crucial for your physical and mental health. Long-lasting stress causes chronically high levels of stress hormones. These hormones can lead to depression, digestive problems, muscle aches, weight gain, and heart disease, to name a
few of the most serious side effects. Coping mechanisms are classified as active or avoidant. Active coping means that you respond to it. Avoidant coping occurs when you ignore the problem or issue that is causing you stress. Two common ways that
people cope with stress are problem-focused coping and emotion-focused coping aims to change or eliminate the source of your stress by directly confronting the issue. This type of coping works if you have some control over the situation that is causing you stress. Examples of problem-focused strategies for specific situations
could include: Situation: You frequently fight with your partner, which causes a stressful relationship or friendsHire a public-speaking
coachTake a public-speaking courseFind a different job that does not require public speaking Situation: You are diagnosed with high blood pressure. Possible responses: Talk to your healthcare provider about medication optionsExercise regularlyReduce your salt intake It's impossible to avoid stress completely, particularly in situations in which you
have no control over the source of your stress. In these circumstances, emotion-focused coping strategies for specific situations could include: Situations could include: Situations you fear and anxiety.
Possible responses: Situation: You are attending a party, but being around a group of people makes you anxious. Possible responses: Practice deep breathingGo with a friend for social supportPlan topics of conversation mechanisms are terms that are sometimes used interchangeably. However, coping mechanisms are terms that are sometimes used interchangeably.
can be described as skills a person uses intentionally to deal with stressful situations, while defense mechanisms are helpful. In fact, some can be harmful. Adaptive coping mechanisms are positive coping skills, while maladaptive coping mechanisms are negative coping skills. Adaptive
coping mechanisms empower you to change a stressful situation or adjust your emotional response to stress. Examples include: Deep breathing Meditation Exercise Journaling Talking with a friendPositive thoughts Taking a bathReading a bookAromatherapy Maladaptive coping mechanisms are negative ways of dealing with stress. Though these
behaviors might temporarily distract you from your stress, they eventually lead to physical and emotional harm. Examples include: Drinking excessive amounts of alcoholUsing drugsAnger outburstsDenying/ignoring the problemSelf-harmNegative thoughtsIsolating yourselfBinge eating or eating in response to stress If you find that your coping skills
need some improvement, try these tips:Identify your stressors: Positive coping mechanisms are most effective when you can identify the cause of your stressors and determine whether you are currently using positive or negative coping mechanisms. Try something new: You
might need to try several different coping skills to find the one that works best for you. Make it a habit: Incorporate your coping skills into your daily schedule. For example, take five minutes during your workday to do some deep breathing or meditation, even if you aren't feeling stressed. Get help: If you find it particularly difficult to build positive
coping skills or get rid of negative ones, consider talking to a therapist. Coping mechanisms are behaviors that help you decrease stress and manage unpleasant emotions. These behaviors can be positive (adaptive). Problem-focused coping aims to eliminate or change the source of your stress, while emotion-focused coping
helps you change the way you react to your stressors. Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Johns Hopkins Medicine. Develop a battery of coping
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doi:10.1097/j.pain.00000000001575Psychology Today. Defense mechanisms. Wadsworth ME. Development of maladaptive coping: a functional adaptation to chronic, uncontrollable stress. Child Dev Perspect. 2015;9(2):96-100. doi:10.1111%2Fcdep.12112Washington University in St. Louis. Developing healthy coping skills for resilience. Centers for
Disease Control and Prevention. Coping with stress. In a world where stress is around every corner youve missed your work deadline, your kid forgot their soccer cleats at home, youre in the middle of a divorce or caring for your elderly parents it can be helpful to have coping mechanisms. The good news? Youre probably using a handful of coping
mechanisms each day to help navigate stressful moments and manage your emotions. But are your coping mechanisms healthy or unhealthy? Psychologist Brianne Markley, PhD, shares the different types of coping mechanisms and which strategies can help you cope. What is a coping mechanism? A coping mechanism is a strategy or a technique
someone might use to navigate stressors. To put it simply, coping helps us deal with difficulties, explains Dr. Markley. Coping mechanisms work because they allow us to be responsive to stress, rather than to just experience the stress with no defense. Stress can cause a whole host of symptoms such as exhaustion, muscle tension, high blood pressure,
panic attacks, anxiety and depression. Someone might need to use several coping mechanisms when dealing with stress, discomfort, uneasiness, uncertainty you name it, she continues. We often think of coping as a way to respond to either psychological or physiological concerns. Types of coping mechanisms when it comes to how we cope, we can
either use active coping or avoidant coping. Active coping means youre working to address a concern in a direct, head-on manner. For example, if youre managing a stressor at work or school, an active coping strategy would be to brainstorm possible resolutions and then work from there to resolve the problem, explains Dr. Markley. Whereas with
avoidant coping, you may distract yourself from your concerns or ignore or minimize your problems in an effort not to face it. Its like putting a band-aid on a wound. While it might offer some temporary relief, its likely not going to be helpful or effective in the bigger picture. You can also think of the different types of coping mechanisms through the
lens of adaptive coping vs. maladaptive coping. Think of adaptative coping mechanisms as positive or unhealthy coping skills. From there, coping mechanisms can fall into three styles: Action-based coping. Also known as problem-focused coping, it aims to help identify and resolve
issues that cause stress. An example is asking for help, communicating your concerns or setting boundaries, says Dr. Markley. Cognitive-based coping. With cognitive-based coping skills, youre attempting to change your thought patterns or perception of a situation that causes anxiety and stress. Examples include writing in a gratitude journal or
practicing positive self-talk. Emotion-based coping. Emotion-focused coping aims to assist in navigating the emotional experience from stress, shares Dr. Markley. Maybe you cant fully fix or problem-solve your stressor, but you can manage the way that you respond or react to it emotionally. Examples include deep breathing or talking to a
friend. Healthy coping skills to focus on The first step in focusing on using healthy coping is to know the difference between healthy and unhealthy coping, to be able to identify which skills are more adaptive, says Dr. Markley. Its also important to know not every skill will work in every situation. Its imperative to not only have a variety
of coping skills, but to be able to adapt your coping skills in certain circumstances, she adds. From there, it also helps to be self-reflective and examine how youve been doing at navigating stressors in your life. While there are many healthy coping mechanisms, Dr. Markley shares some common ways to work through a stressful situation. Try
meditation. Spend a few minutes each day meditating, Practice deep breathing. Exercise. This can also include movement of any kind. Consider light stretching, walking, dancing, hiking, biking, lifting weights really movement in any way that feels good to
your body, she suggests. Get outside. Whether its gardening or taking a walk around the block, spend time in nature. Snuggle with a pet. A cuddle or two with your favorite furry friend can help reduce stress. Write in a journal. Take time each day to write down your thoughts and feelings or even list what youre grateful for. Immerse yourself in art. Visit
your local art gallery or museum. But this can include listening to music, reading a book or watching a movie or TV show that you enjoy. Talk with a friend. A trusted friend can be a great outlet for sharing your stress and helping you work through problems. Think positive thoughts. It can be easy to think negatively when youre dealing with a tough
situation. Instead, try positive self-talk and affirmations. Volunteer. Consider volunteering at a local organization not only will it help others, but it can also help you reduce stress. Get laughing. Listen to a funny podcast, a comedian or talk with a friend who always cracks you up. Try aromatherapy. Whether its burning a candle or using essential oil,
certain scents like lavender, pine, sweet orange and lemon can have a calming effect. Engage your senses. Its typically a really nice way to ground yourself back to the current moment by engaging your senses, notes Dr. Markley. For example, you might
take a warm shower, wrap up in a cozy blanket, put on comfy clothes or even place a cool washcloth on your forehead. Unplug from technology. Put down that phone and take a break from social media. Understanding unhealthy coping mechanisms Maladaptive coping is an unhelpful way to attempt to address stressors, clarifies Dr. Markley. With
maladaptive coping, youre responding in some way, but it might not be the most effective strategy that you could utilize to resolve your concern or cope through it. Examples of unhealthy coping mechanisms may include: Consuming too much alcohol. Using drugs and other substances. Engaging in impulsive behaviors like gambling or reckless
spending.Outbursts of anger or aggression. Ignoring the problem. Blaming others. Engaging in self-harm and negative thoughts. Binge eating or restrictive eating. For example, elevated and persistent levels of physiological or psychological
problem, so your problem is likely to reoccur. Dr. Markley points out that using unhealthy coping mechanisms may also mean you end up creating more issues for people, she warns. Maladaptive coping may negatively impact your mental health
and your physical health at times. It can also impact your relationships or ability to engage with others effectively. Bottom line: Have an assortment of healthy coping mechanisms to look and feel
different. Theyre going to impact you and affect you differently, emphasizes Dr. Markley. When you have a good tool belt of different coping skills to choose from, youre more likely to be flexible and responsive to a particular stressor. Healthy coping skills allow us to be responsive, rather than to experience a stress with no defense. And in some cases,
if you feel like youre turning to unhealthy coping mechanisms or are finding it hard to get relief from the healthy coping mechanisms you use, its OK to talk to a healthcare provider or a mental health professional. Coping can be a tricky business and sometimes, its difficult to navigate on your own. It may seem simple, but the amount of stress, the
weight of the stress, the pervasiveness of the stress all those factors can intensify the role of coping, relates Dr. Markley. If you feel like youre coping unhealthily, or that you dont have the skills you need to cope effectively, thats a good time to reach out for professional support. Coping usually involves adjusting to or tolerating negative events or
realities while you try to keep your positive self-image and emotional equilibrium. Coping occurs in the context of life changes require some sort of adaptation. Even positive changes such as
getting married or having a child can be stressful because changes are stressful because changes require us to adjust and to adapt. Experiencing too many changes within a brief time period often creates the idea that we aren't in control of events. This perception contributes to low self-esteem and may even contribute to the development of anxiety or
depression. In some cases, physical illnesses may develop or get worse when a person's capacity to adapt to change is overwhelmed by too much change for and using greater energy than what's needed in the daily routines of life. Prolonged mobilization of
effort can contribute to elevated levels of stress-related hormones and to eventual physical breakdown and illness. Stressors that require coping may be acute, like moving to a new home or experiencing the onset of marriage problems. Stressors also occur that are of longer duration, such as chronic pain, chronic illness or long-lasting financial
problems. The effect of many acute stressors that come within a relatively brief period of time may be cumulative and profound. Those who experience a marital separation, the death of an aging parent and a change in job within a brief period of time may struggle to maintain their physical and emotional health. What are some common coping
strategies? Some common coping mechanisms may challenge you to: Lower your expectations. Ask others to help or assist you. Take responsibility for the situation. Engage in problem solving. Maintain emotionally supportive relationships. Maintain emotionally supportive relationships. Maintain emotionally supportive relationships. Maintain emotionally supportive relationships. Maintain emotionally supportive relationships.
that are no longer adaptive. Directly attempt to change the source of stress. Distance yourself from the source yourself from the y
particular styles of coping or prefer to use certain coping strategies over others. These differences in personality in coping strategy to the demands of different situations. However, some situations that
require coping are likely to elicit (bring out) similar coping responses from most people. For example, work-related stressors are more likely to elicit problem-solving strategies while stressors perceived to be unchangeable are more likely to elicit social
support seeking and emotion-focused strategies. What can we do to protect ourselves against stress and enhance our prospects for successful coping? Perhaps the most important strategy is to maintain emotionally support buffers individuals against the negative
impact of stress. It's especially important to evaluate your overall lifestyle when encountering significant stress. Engage in stress-reducing activities to help your overall approach to coping with stressors. Try to:Get enough good quality sleep. Eat a well-balanced diet. Exercise on a regular basis. Take brief rest periods during the day to relax. Take
vacations away from home and work. Engage in pleasurable or fun activities every day. Practice relaxation exercises such as yoga, prayer, meditation or progressive muscle relaxation. Avoid use of caffeine and alcohol. Coping is defined as the thoughts and behaviors mobilized to manage internal and external stressful situations. [1] It is a term used
distinctively for conscious and voluntary mobilization of acts, different from 'defense mechanisms' that are subconscious or unconscious adaptive responses, both of which aim to reduce or toleratestress. [2] When individuals are subjected to a stressor, the varying ways of dealing with it are termed 'coping styles,' which are a set of relatively stable trait
that determine the individual's behaviorin response to stress. These are consistent over time and across situations.[3]Generally, coping is divided into reactive coping (a measure they are more routinized, rigid, rigid, coping is divided into reactive coping (a measure they are more routinized, rigid, rigid, rigid, reactive coping).
and are less reactive to stressors, while reactive individuals perform better in a more variable environment.[4]Coping Strategies Questionnaire, Coping Orientation to Problems Experienced), Ways of Coping Questionnaire, Coping Strategies Questionnaire, Coping Stra
Inventory for Stressful Situations, Religious-COPE, and Coping Response Inventory. [5] Coping is generally categorized into four major categories which are [1]: Problem-focused, which addresses the problem-focused into four major categories which addresses the problem-focus major categories which addresses in the problem-focus major categories which addresses an
focused, which aims to reduce the negative emotions associated with the problem: Examples of this style includepositive reframing, acceptance, turning to religion, and humor. Meaning-focused, in which an individual uses cognitive strategies to derive and manage the meaning of the situation Social coping (support-seeking) in which an individual
reduces stress by seeking emotional or instrumental support from their community. Many of the coping mechanisms prove useful in certain situations. Some studies have consistent data that some coping mechanisms areassociated with worse outcomes. [6]
[1]Maladaptive coping refers to coping mechanisms that are associated with poor mental health outcomes and higherlevels of psychopathology symptoms. These include disengagement, avoidance, and emotional suppression. [7]The physiology behind different coping styles is related to the serotonergic and dopaminergic input of the medial prefrontal prefrontal suppression.
cortex and the nucleus accumbens.[4] The neuropeptides vasopressin and oxytocin also have an important implication relative to coping styles. On the other hand, neuroendocrinology involving the level of activity of the hypothalamic-pituitary-adrenocortical axis, corticosteroids, and plasma catecholamines were unlikely to have a direct causal
relationship with an individual's coping style.[8]Patients using maladaptive coping mechanisms are more likely to use cigarettes or alcohol.[9]Copinginfluences patients compliance to therapy and the course of the disease by
lifestyle changes. In disorders where non-medicinal treatment plays a role in the progression, coping mechanisms are important in determining the severity of such conditions. Coping styles may be helpful in patients' educational programs or psychotherapy, and paying attention to them could contribute to the prevention of sequelae.[10][11]The
importance of coping styles does not only affect the patients alone but also their physicians and nurses. Healthcare workers are more likely to choose a problem-oriented coping mechanism while the tendency to choose a problem.
oriented coping mechanisms, social integration, and the use of religion.[12][13]Understanding coping mechanisms is a cornerstone inchoosing the best approach to the patient to build an effective doctor-patient relationship. The need to monitor the patient to build an effective doctor-patient relationship.
mechanisms are more likely to perceive their doctors as being disengaged and less supportive. This perception is clinically significant because about one out of four cancer patients use a maladaptive coping mechanism. [14] The relation between maladaptive coping mechanisms and numerous disorders has been established. Psychiatric disorders such
as PTSD, anxiety, and major depression, and somatic symptoms were all correlated with coping styles related to avoidance.[15]This scenario holds for other disorders such as hypertension andheart diseases, where maladaptive copingstrategies were used by patients who had more severe symptoms.[16]Teaching patients and their caregivers
appropriate coping skills can have a significant impact on the way they perceive their condition, the severity of the symptoms, and the psychological distress associated with lung cancer, assertive communication was associated with less pain interference and psychological distress; coping skills effects extend to family
caregivers who reported less psychological distress when practicing guided imagery. Other coping mechanisms as mindfulness might not be as beneficial in certain situations.[17][Level2]Physicians, psychiatrists, physical therapists, nurses, and health educators share the role of educating patients to become more responsible for their health
Interprofessional involvementcan help patients cope better with the symptoms of their illnesses. Coping skills training programs didn't prove to be effective in reducing pain severity among knee osteoarthritis patients. They did notconfer pain or functional benefit beyond that with surgical and postoperative care, butcombining both physical
exercises and coping skills training with treatment had a more significant improvement. [18][19][20][Level 1, Level2]Understanding the coping styles is central to support was the most popular coping strategy in anxious surgical patients. Monitoring
patients' coping strategies using various coping scales (e.g., COPE, Ways of Coping Questionnaire, Coping Strategies Questionnaire) can help in evaluating the patient's psychological status and continued improvement.[21]Review Questionnaire) can help in evaluating the patient's psychological status and continued improvement.[21]Review Questionnaire) can help in evaluating the patient's psychological status and continued improvement.[21]Review Questionnaire) can help in evaluating the patient's psychological status and promise. Annu Rev Psychol. 2004;55:745-74. [PubMed:
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Brehm F, Nestoriuc Y. Coping strategies in anxious surgical patients. BMC Health Serv Res. 2016 Jul 12;16:250. [PMC free article: PMC4941033] [PubMed: 27406264] Disclosure: Emad Algorani declares no relevant financial relationships with ineligible
companies. Whether youve been dumped by your date or youve had a rough day at the office, having healthy coping skills can be key to getting through tough times. Coping skills are the tactics that people use to deal with stressful situations. Managing your stress well
can help you feel better physically and psychologically and impact your ability to perform your best. But not all coping skills are created equal. Sometimes, its tempting to engage in strategies that will help you reduce your
emotional distress or rid yourself of the stressful situations you face. Examples of healthy coping skills include: Establishing and maintaining boundariesPracticing relaxation strategies such as deep breathing, meditation, and mindfulnessGetting regular physical activityMaking to-do lists and setting goals This article explores coping skills that can
help you manage stress and challenges. Learn more about how different strategies, including problem-focused coping, religious coping, meaning-making, and social support. Two of the main types of coping skills are
problem-based coping and emotion-based coping is helpful when you need to change your situation, perhaps by removing a stressful thing from your life. For example, if youre in an unhealthy relationship, your anxiety and sadness might be
best resolved by ending the relationship (as opposed to soothing your emotions). Emotion-based coping is helpful when you need to take care of your feelings when you are grieving the loss of a loved one, itd be important to take care of your
feelings in a healthy way (since you cant change the circumstance). There isnt always one best way to proceed. Instead, its up to you to decide which type of coping skill is likely to work best for you in your particular circumstance. The following are examples of stressful situations and how each approach could be used. You open your email to find
your annual performance review. The review states that you are below average in several areas and youre surprised by this because you thought you were performing well. You feel anxious and frustrated. Problem-focused coping: You go to the boss and talk about what you can do to improve your performance. You develop a clear plan that will help
you do better and you start to feel more confident about your ability to succeed. Emotion-focused coping: You spend your lunch break reading a book to distract yourself from catastrophic predictions that youre going to be fired. After work, you exercise and clean the house as a way to help you feel better so you can think about the situation more
clearly. You have told your teenager he needs to clean his bedroom. But its been a week and clothes and trash seem to be piling up. Before heading out the door in the morning, you told him he has to clean his room after school "or else." You arrive home from work to find him playing videos in his messy room. Problem-focused coping: You sit your
teenager down and tell him that hes going to be grounded until his room is clean. You take away his electronics and put him on restriction. In the meantime, you shut the door to his room so you dont have to look at the mess. Emotion-focused coping: You decide to run some bathwater because a hot bath always helps you feel better. You know a bath
will help you calm down so you dont yell at him or overreact. Youve been invited to give a presentation in front of a large group. You were so flattered and surprised by the invitation that you agreed to do it. But as the event approaches, your anxiety skyrockets because you hate public speaking. Problem-focused coping: You decide to hire a public
speaking coach to help you learn how to write a good speech and how to deliver it confidently. You practice giving your speech in front of a few friends and family members so you will feel better prepared to step on stage. Emotion-focused coping: You tell yourself that you can do this. You practice giving your speech in front of a few friends and family members so you will feel better prepared to step on stage. Emotion-focused coping:
you remind yourself that even if youre nervous, no one else is even likely to notice. Problem-based coping skills focus on changing the situation, while emotional-based coping skills are centered on changing the situation, while emotional-based coping skills are centered on changing the situation, while emotional focus on changing the situation, while emotional focus on changing the situation can help you deal with stress more effectively. Hosted by therapist Amy
Morin, LCSW, this episode of The Verywell Mind Podcasts have feeling lonely, nervous, sad, or angry, emotion-focused coping skills can help you deal with your feelings in a healthy way. Healthy coping
strategies may soothe you, temporarily distract you, or help you tolerate your distress. Sometimes its helpful to face your emotions head-on. For example, feeling sad after the death of a loved one can help you tolerate your distress, coping strategies shouldnt be about
constantly distracting you from reality. Other times, coping skills may help you change your mood. If you've had a bad day at work, playing with your kids or watching a funny movie might cheer you up. Or, if youre angry about something someone said, a healthy coping strategy might help you calm down before you say something you might regret.
Other examples of healthy ways to cope with emotions include: Care for yourself: Put on lotion that smells good, spend time in nature, take a bath, drink tea, or take care of your body in a way that makes you feel good such as coloring,
drawing, or listening to music. Exercise: Do yoga, go for a walk, take a hike, or engage in a recreational sport. Focus on a task: Clean the house (or a closet, drawer, or area), cook a meal, garden, or read a book. Practice mindfulness: List the things you feel grateful for, meditate, picture your "happy place," or look at pictures to remind you of the
people, places, and things that bring joy. Use relaxation strategies: Play with a pet, practice breathing exercises, squeeze a stress ball, use a relaxation app, enjoy some aromatherapy, try progressive muscle relaxation app, enjoy some aromatherapy.
some cases, that may mean changing your behavior or creating a plan that helps you know what action youre going to take. In other situations, problem-focused coping may involve more drastic measures, like changing jobs or ending a relationship. Here are some examples of positive problem-focused coping skills: Ask for support from a friend or a
professional. Create a to-do list. Engage in problem-solving. Establish healthy boundaries. Walk away and leave a situation that is causing you stress. Work on managing your time better. Whether emotion-focused or problem-solving skill often depends on the
 situation and your specific needs in the moment. Just because a strategy helps you endure emotional pain, it doesnt mean its healthy. Some coping skills: Drinking alcohol or using drugs: Substances may temporarily numb your pain, but they wont resolve you
issues. Substances are likely to introduce new problems into your life. Alcohol, for example, is a depressant that can make you feel worse. Using substances to cope also puts you at risk for developing a substance use disorder and it may create health, legal, financial problems, and social problems. Overeating: Food is a common coping strategy. But,
trying to "stuff your feelings" with food and health issues. Sometimes people go to the other extreme and restrict their eating (because it makes them feel more in control) and clearly, that can be just as unhealthy. Sleeping too much: Whether you take a nap when youre stressed out or you sleep late to
avoid facing the day, sleeping offers a temporary escape from your problems. However, when you wake up, the problem will still be there. Venting to others: Talking about your problems so that you can gain support, develop a solution, or see a problem in a different way can be healthy. But studies show repeatedly venting to people about how bad
your situation is or how terrible you feel is more likely to keep you stuck in a place of pain. Overspending: While many people say they enjoy retail therapy as a way to feel better, shopping can become unhealthy. Owning too many possessions can add stress to your life. Also, spending more than you can afford will only backfire in the end and cause
more stress. Avoiding: Even healthy coping strategies can become unhealthy if youre using them to avoid the problem. For example, if you are stressed about your financial situation, you might be tempted to spend time with friends or watch TV because thats less anxiety-provoking than creating a budget. But if you never resolve your financial issues,
your coping strategies are only masking the problem. Unhealthy coping techniquessuch as drinking or avoiding the problems that create more stress and make coping more difficult. Coping skills are usually
discussed as a reactive strategy: When you feel bad, you do something to cope. But, research shows that proactive coping strategies can effectively manage the future obstacles youre likely to face. For example, if you have worked hard to lose weight, proactive coping strategies could help you maintain your weight after your weight loss program has
                     lan for circumstances that might derail voulike the holidav season or dinner invitations from friendsto help you cope. You also might plan for how you will cope with emotions that previously caused you to snack, like boredom or loneliness. Proactive coping can also help people deal with unexpected lite changes, such as a major
change in health. A 2014 study found that people who engaged with proactive coping were better able to deal with the changes they encountered after having a stroke. Another study found that people who engaged in proactive coping were better able to deal with the changes they encountered after having a stroke. Another study found that people who engaged in proactive coping were better able to deal with the changes they encountered after having a stroke. Another study found that people who engaged in proactive coping were better able to deal with the changes they encountered after having a stroke.
enjoyed better psychological well-being. So, if you are facing a stressful life event or youve undergone a major change, try planning ahead. Consider the skills you can use to cope with the challenges youre likely to face. When you have a toolbox ready to go, youll know what to do. And that could help you to feel better equipped to face the challenges
ahead. Proactive coping has been found to be an effective way to help people deal with both predictable life changes such as the onset of a chronic health condition. The coping strategies that work for someone else might not work for you. Going for a walk might help your
partner calm down. But you might find going for a walk when youre angry causes you to think more about why youre madand it fuels your elax. You might find that certain coping strategies work best for specific issues or emotions. For example, engaging in a
hobby may be an effective way to unwind after a long day at work. But, going for a walk in nature might be the best approach when your feeling sad. When it comes to coping skills, theres always room for improvement. So, assess what other tools and resources you can use and consider how you might continue to sharpen your skills in the future. It's
important to develop your own toolkit of coping skills that youll find useful. You may need to experiment with a variety of coping skills can help protect you from distress and face problems before they become more serious. By understanding the two main types of coping
skills, you can better select strategies that are suited to different types of stress. If you are struggling to practice healthy coping skills or find yourself relying on unhealthy ones instead, talking to a mental health professional can be helpful. A therapist can work with you to develop new skills that will serve your mental well-being for years to
come. We've tried, tested, and written unbiased reviews of the best online therapy programs including Talkspace, BetterHelp, and ReGain. Find out which option is the best for you. Clinically reviewed by Dr. Chris Mosunic, PhD, RD, CDCES, MBA Some moments in life are great, and some moments are not so great. Our daily experiences often test our
emotional resiliencefrom the heartache of a relationship ending, to the pressure of a looming deadline at work, or even the profound grief of losing a loved one. For these moments, big and small, we need a way to cope. Having coping strategies is essential in maintaining
our mental and emotional wellbeing as we navigate the more challenging aspects of life. Coping is about facing and managing the difficulties life throws our way, from daily hassles to major life disruptions. Whether it's a minor inconvenience like traffic on your way to work or significant challenges like grief, coping strategies are the tools we use to
face these situations head-on. They help us manage, endure, and overcome the difficulties we encounter. Finding effective ways to deal with situations that are stressful, challenging, or upsetting can help manage negative experiences but also maximize positive ones, allowing us to enjoy the good times more fully. Coping comes in many forms, and
what works for one person might not work for another. Plus, a strategy that's effective in one situation might not be as helpful in another. For instance, the way you cope with a breakup (like leaning on friends for support or taking up a new hobby to keep your mind off of heartbreak) might be very different from how you handle work stress (like
prioritizing tasks or practicing relaxation techniques). Effective coping skills can support our mental and emotional health, as well as our physical wellbeing. Poor coping styles are the different ways in which we manage the stressors and
challenges of life. Learning more about these coping styles and recognizing our natural tendencies can help us choose the most effective strategies for different situations. Each of these coping styles has its place, so assess the situations you face to decide which styleor combination of styleswill be most helpful. By understanding and applying these coping
styles, you can better manage life's challenges to improve your mental health and wellbeing.1. Problem-focused copingThis is where you take an active and practical approach to address the root cause of your stress. For instance, if you're overwhelmed with a huge workload, you might break the tasks into smaller, manageable parts or seek
clarification on priorities. Problem-focused coping is particularly effective in situations where you have some control over the outcome. Emotion-focused coping is where you manage your feelings to maintain emotional
equilibrium and is especially useful in situations beyond your control. For example, if you're dealing with a family conflict that can't be resolved immediately, you might use activities that help you relax and maintain a sense of purpose or a
silver lining in stressful situations, reframing the way you view the stressor. If you're struggling with job loss, you might choose to see it as an opportunity for personal growth and a chance to explore new career paths. This approach can provide emotional strength and resilience. 4. Social coping (support-seeking) Sharing our burdens can make them
feel lighter. Social coping involves getting support from others, such as talking to a trusted friend about your worries, joining a support group, or seeking professional help. Sometimes, the best way to cope is by relying on the strength and comfort of those around us. Identifying and avoiding unhealthy coping mechanisms is just as important as
developing healthy ones. Unhealthy coping mechanisms might provide temporary relief, but they can make problems worse in the long run. If you find yourself resorting to these strategies, it might be time to explore healthier alternatives to better support your emotional and psychological wellbeing. Consuming illegal drugs or excess alcoholAvoiding
the situationOversleepingIsolating yourselfOverthinking and overanalyzingEmotional eatingAggression or outburstsProcrastination Healthy coping skills are essential for managing life's challenges in a constructive and positive way. When you discover the strategies that work for you, you can build resilience and navigate life's ups and downs more
effectively.1. Practice mindfulness to reduce overwhelmMindfulness involves staying present and fully engaging with the here and now. It can be practiced through meditation, mindful breathing, or simply being aware of your surroundings and sensations. This can help reduce stress and anxiety by preventing overwhelming feelings about the past or
future. Find relief with a simple 10-minute Mindfulness meditation. 2. Write about your feelings in a journalWriting down your thoughts and feelings can be a therapeutic way to express yourself and gain clarity. It can help process emotions and can be a safe outlet for venting frustrations. Learn how to Clarify Your Feelings Through Writing during
this 5-minute exercise with Dr. Julie.3. Take a proactive approach to shift your mindset toward finding solutions. Break down larger issues into smaller, manageable steps to give you a sense of accomplishment and control. Reduce overwhelm and Settle Down by Single-
Tasking with guidance from Jay Shetty.4. Participate in hobbies that bring you joyActivities you enjoy can be a great stress and provide a sense of fulfillment. Learn about The Power of Hobbies and why hobbies can make us happier and more relaxed.5.
Move your body Walking, running, yoga, or any form of exercise you enjoy, can release natural mood-lifting chemicals. Regular exercise can help reduce symptoms of depression and anxiety. Always go at your own pace, even light stretching and simple movements can bring health benefits. Incorporate a Moving for Fun session into your day for a
boost of joy. Reframe negative thoughts into positive ones. This doesn't mean ignoring your problems but changing your perspective on them. It can reduce stress and improve your problems but changing your perspective on them. It can reduce stress and improve your problems but changing your perspective on them. It can reduce stress and improve your problems but changing your perspective on them. It can reduce stress and improve your problems but changing your perspective on them.
family, and friendsSetting healthy boundaries is crucial for self-care and stress management. Learn to say no to demands on your time and energy if theyll worsen your stress. Listen to leff Warrens Daily Trip session where he shares A Secret to Better Boundaries 8. Develop a routine can provide a sense of control and normalcy.
Try to establish regular times for eating, sleeping, working, and relaxing. Separate your workday from your evenings with a Shut Down Routine.9. Focus on what you can change, and try to let go of those you can't. This helps in reducing feelings of helplessness. Learn to focus on what you can
control, and practice Acceptance for what you cant.10. Engage in deep breathing exercisesSimple breathing for a count of four, holding for a count of four, and exhaling for a count of four, holding for a count of four, and exhaling for a count 
connections to boost your mood and provide a support network.12. Prioritize self-care Make time for activities that nourish your mind, body, and soul. Whether it's a warm bath, reading a book, or meditating, self-care is crucial for mental health. Explore more ways to nourish yourself during the Radical Self-Care series.13. Cultivate gratitude in your
everyday lifeAcknowledge and appreciate the good in your life. Keeping a gratitude journal can shift your focus from what's masterclass on Gratitude.14. Ask for supportIt's okay to seek help when youre struggling to cope. Talking to trusted friends and
family can provide relief, perspective, and solutions. Sharing your burdens can make them feel more manageable. During challenging times, it can also be helpful to seek professional assistance, as therapists and counselors can offer guidance and strategies to help manage stress
more effectively. Avoid unnecessary stress: Identify and eliminate avoidable stressors. For instance, if traffic stresses you out, try leaving earlier or taking a less congested route. Alter the situation: Modify how you operate or communicate in stressful situations. This could mean setting clear boundaries or finding a compromise in conflicts. Adapt to the
stressor: Change your mindset or expectations to reduce stress. For example, if you can't change a tight deadline, try adjusting your approach to the work instead. Accept the things you can't change a tight mean seeking support, or
finding the silver lining in difficult circumstances. What is the coping checklist? The coping checklist is a tool used to identify and assess the strategies you use to handle stress. It typically includes a range of behaviors and techniques, both healthy and unhealthy, that people commonly employ in response to stress. By reviewing your checklist, you can
gain insight into your coping styles, recognize patterns, and identify areas for improvement. This self-awareness is the first step toward developing healthier coping skills? Poor coping skills? Poor coping skills? Poor coping skills?
underdeveloped emotional regulation skills. Past traumas or ongoing stress can also play a significant role, as they can overwhelm your ability to use healthy coping strategies. Environmental factors, such as a high-stress home or work
environment, can also make these challenges worse. How do you teach coping skills? Teaching coping ski
environment for learning and practicing new skills. Self-help resources, like books or online content, can also offer valuable information and exercises. For effective teaching, it's important to tailor the approach to the person's needs, considering factors like age, background, and the specific stressors theyre dealing with. Mental health is hard. Getting
support doesn't have to be. The Calm app puts the tools to feel better in your back pocket, with personalized content to manage stress and anxiety, get better sleep, and feel more present in your life. Calm Editorial Team When your stress levels are high, using healthy coping skills can help you reset and relax. Stress is a part of everyday life. But
constant, elevated stress levels can take a toll and make it challenging to function. Finding and practicing healthy ways to cope with stress can help you reduce its impact on your daily life and the chances it affects you in the long run. Looking inward and checking in with yourself daily by naming and noticing your thoughts and emotions is helpful,
says Tanya J. Peterson, a certified counselor and mental health educator based in Oregon. Doing this activates the part of life, and its impossible to avoid or eliminate it. Peterson recommends trying to accept the presence of your stress. But this
doesnt mean giving up or resigning yourself to stress and problems, she adds. By accepting stress, you can stop fighting it. Battling stress and trying to shove it down doesnt get rid of the stress in your life may make it easier to
cope when life throws you a curveball. Meditation is another valuable strategy for coping with stress. Mindfulness or meditation exercises can help you relax and allow you to approach your eyes and creating a blank space in your mind. Or you can
try guided sessions with the help of meditation apps or videos. Ultimately, the goal is to relax and center yourself. Peterson also recommends putting some distance between you are experiencing a specific thought or feeling, but that doesn't necessarily represent your permanent reality. Ask yourself: What else
is happening in that moment? Peterson says. What else can you focus on? Is there something else you can think about aside from whats stressing you out. That doesnt mean bottling it up and forgetting about it, though. This may involve setting aside
small moments where you take a break from tasks, chores, and lifes daily stressors. Or it may include removing yourself from the situation thats causing you to feel stressed. For example, if the news gives you anxiety, take breaks from social media or limit your consumption to only a few times a day or week. You dont need to ignore the news entirely,
but it may not be healthy for your stress levels to review or absorb everything happening in the world. Give your body the tools to cope with stress when it comes your way. Peterson says some of these healthy habits involve: exercisingdoing yogaeating a balanced dietThe American Psychological Association (APA) recommends including a rainbow of
fruits and veggies in your diet. It also recommends avoiding substances, such as alcohol, that can adversely impact your ability to handle and cope with stress. A healthy habit also includes doing something you love. You don't have to completely alter your lifestyle to improve your ability to handle stress. Small changes can make a big
difference. Meditation can involve breathing if you find it difficult to clear your mind. Share your worries and feel less overwhelmed. According to the APA, having a solid support
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network can improve your ability to cope with stress. Providing friends and family with support also has benefits. Its essential to make sure that you and those around you give and receive support. One-sided relationships can end up causing you more stress than relief. Rather than just seeking to reduce [stress], shift your attention, Peterson says. This essential to make sure that you and those around you give and receive support.
doesnt mean getting rid of stress by distracting yourself. Instead, Peterson suggests, replacing your stress involves taking small steps to add more of what you want to your life. For example, do you wish you had a better work-life balance? It might be useful to make an action plan to schedule more family time. Or maybe you want to have a more
vibrant social life. Consider spending less time worrying and stressing over your limited social circle and finding ways to connect with others. The progressive muscle relaxation, use the following steps: Sitting or lying in a comfortable position, take a few deep
breaths. Starting with your toes, tense each muscle in the body for 5 to 10 seconds, then release. Work your way up your body to your face and head muscles in turn. Strategies used to reduce unpleasant emotions and relaxing each set of muscles in turn. Strategies used to reduce unpleasant emotions.
see Coping Mechanisms (disambiguation). This article's lead section may be too short to adequately summarize the key points. Please consider expanding the lead to provide an accessible overview of all important aspects of the article. (August 2022) Coping refers to conscious strategies used to reduce and manage unpleasant emotions are to conscious or unconscious or unconscious strategies used to reduce and manage unpleasant emotions are to conscious or unconscious or
Coping strategies can be cognitions or behaviors and can be individual or social. To cope is to deal with struggles and difficulties in life.[1] It is a way for people to maintain their mental and emotional well-being.[2] Everybody has ways of handling difficult events that occur in life, and that is what it means to cope. Coping can be healthy and
productive, or unhealthy and destructive. It is recommended that an individual cope in ways that will be beneficial and healthy. "Managing your stress well can help you feel better physically and it can impact your ability to perform your best."[3]Hundreds of coping strategies have been proposed in an attempt to understand how
 people cope.[4] Classification of these strategies into a broader architecture has not been agreed upon. Researchers try to group coping responses rationally, empirically by factor analysis, or through a blend of both techniques.[5] In the early days, Folkman and Lazarus split the coping strategies into four groups, namely problem-focused, emotion-
focused, support-seeking, and meaning-making coping.[6][7] Weiten and Lloyd have identified four types of coping strategies:[8] appraisal-focused coping. Billings and Moos added avoidance coping as one of the emotion-focused coping.[9] Some
scholars have questioned the psychometric validity of forced categorization as those strategies are not independent to each other.[10] Besides, in reality, people can adopt multiple coping strategies simultaneously. Typically, people use a mixture of several functions of coping strategies, [11] which may change over time. All these strategies can prove
useful, but some claim that those using problem-focused coping may sometimes lead to a reduction in perceived control (maladaptive coping). Lazarus "notes the
connection between his idea of 'defensive reappraisals' or cognitive coping and Sigmund Freud's concept of 'ego-defenses'",[13] coping strategies occur when the person modifies the way they think, for example: employing denial, or distancing
oneself from the problem. Individuals who use appraisal coping strategies purposely alter their perspective on their situation in order to have a more positive outlook on their situation in order to have a more positive outlook on their situation in order to have a more positive outlook on their situation in order to have a more positive outlook on their situation. [14] An example of appraisal coping strategies could be individuals purchasing tickets to a football game, knowing their medical condition would likely cause them to
not be able to attend.[14] People may alter the way they think about a problem by altering their goals and values, such as by seeing the humor in a situation: "Some have suggested that humor may play a greater role as a stress moderator among women than men".[15]The psychological coping mechanisms are commonly termed coping strategies or
coping skills. The term coping generally refers to adaptive (constructive) coping strategies which reduce stress. In contrast, other coping strategies may be coined as maladaptive, if they increase stress. In contrast, other coping strategies may be coined as maladaptive, if they increase stress. In contrast, other coping strategies may be coined as maladaptive, if they increase stress. In contrast, other coping strategies may be coined as maladaptive, if they increase stress. In contrast, other coping strategies may be coined as maladaptive, if they increase stress.
refers to reactive coping, i.e. the coping response which follows the stressor. Subconscious or unconscious strategies (e.g. defense mechanisms) are generally excluded from the area of coping.[16]The effectiveness of the coping response which follows the stressor. Subconscious or unconscious strategies (e.g. defense mechanisms) are generally excluded from the area of coping.[16]The effectiveness of the coping response which follows the stressor.
type of stress, the individual, and the circumstances. Coping responses are partly controlled by personality (habitual traits), but also partly by the social environment, particularly the nature of their problem. They do this by finding out information on the
problem and learning new skills to manage the problem. Problem focused coping is aimed at changing or eliminating the source of the stress. The three problem focused coping strategies identified by Folkman and Lazarus are: taking control, information seeking, and evaluating the pros and cons. However, problem focused coping may not be
necessarily adaptive, but backfire, especially in the uncontrollable case that one cannot make the problem go away.[7]Emotion-focused strategies involve:releasing pent-up emotionsdistracting oneself[5]managing hostile feelingsmeditatingmindfulness practices[17]using systematic relaxation procedures.situational exposureEmotion-focused coping "is
oriented toward managing the emotions that accompany the perception of stress".[18] The five emotion-focused coping strategies identified by Folkman and Lazarus[13] are:disclaimingescape-avoidanceaccepting responsibility or blameexercising self-controland positive reappraisal. Emotion-focused coping is a mechanism to alleviate distress by
minimizing, reducing, or preventing, the emotional components of a stressor. [19] This mechanism can be applied through a variety of ways, such as:seeking social supportreappraising the stressor in a positive lightaccepting responsibilityusing avoidanceexercising self-controldistancing [19][20] The focus of this coping mechanism is to change the
meaning of the stressor or transfer attention away from it.[20] For example, reappraising tries to find a more positive meaning of the emotional distress will distract from the negative feelings associated with the stressor. Emotion-focused coping is well
suited for stressors that seem uncontrollable (ex. a terminal illness diagnosis, or the loss of a loved one).[19] Some mechanisms of emotion focused coping, such as distancing or avoidance, can have alleviating outcomes for a short period of time, however they can be detrimental when used over an extended period. Positive emotion-focused
mechanisms, such as seeking social support, and positive re-appraisal, are associated with beneficial outcomes. [21] Emotional approach coping is one form of emotion-focused coping in which emotion-focused coping is one form of emotion-focused coping in which emotional approach coping is one form of emotion-focused coping in which emotion training through deep
breathing, meditation, yoga, music and art therapy, and aromatherapy. [23] The health theory of coping overcame the limitations of previous theories of coping, music and art therapy, and aromatherapy. [24] describing coping strategies within categories that are conceptually clear, mutually exclusive, comprehensive, functionally homogenous, functionally distinct, generative and flexible,
explains the continuum of coping strategies. [25] The usefulness of all coping strategies to reduce acute distress is acknowledged, however, strategies are categorized as healthy or unhealthy depending on their likelihood of additional adverse consequences. Healthy categories are self-soothing, relaxation/distraction, social support and professional
support. Unhealthy coping categories are negative self-talk, harmful activities (e.g., emotional eating, verbal or physical aggression, drugs such as alcohol, self-harm), social withdrawal, and suicidality. Unhealthy coping strategies are used when healthy coping strategies are overwhelmed, not in the absence of healthy coping strategies.[26]Research
has shown that everyone has personal healthy coping strategies (self-soothing, relaxation/distraction), however, access to social and professional support varies. Increasing distress exceeds the capacity of healthy coping strategies and
results in the use of unhealthy coping strategies. Overwhelming distress is caused by problems in one or more biopsychosocial domains of health and wellbeing. [28] The continuum of coping strategies (healthy to unhealthy, independent to social, and low harm to high harm) have been explored in general populations, [27] university students, [29] and
paramedics.[30] New evidence propose a more comprehensive view of a continuum iterative transformative process of developing coping competence among palliative care professionals[31]Most coping is reactive in that the coping response follows stressors. Anticipating and reacting to a future stressor is known as proactive coping or future-
oriented coping.[18] Anticipation is when one reduces the stress of some difficult challenge by anticipating what it will be like and preparing for how one is going to cope with it. Social coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources, such as seeking social environment, which can be stressful, but also is the source of coping resources.
support from others.[18] (see help-seeking) Humor used as a positive coping method may have useful benefits to emotional and mental health well-being. However, maladaptive humor styles such as self-defeating humor can also have negative effects on psychological adjustment and might exacerbate negative effects of other stressors.[32] By having a support from others.[18] (see help-seeking) Humor used as a positive coping method may have useful benefits to emotional and mental health well-being.
humorous outlook on life, stressful experiences can be and are often minimized. This coping method corresponds with positive emotional states and is known to be an indicator of mental health.[33] Physiological processes are also influenced within the exercise of humor. For example, laughing may reduce muscle tension, increase the flow of oxygen
to the blood, exercise the cardiovascular region, and produce endorphins in the body.[34] Using humor in coping while processing feelings can vary depending on life circumstance and individual humor styles. In regards to grief and loss in life occurrences, it has been found that genuine laughs/smiles when speaking about the loss predicted later
adjustment and evoked more positive responses from other people. [35] A person might also find comedic relief with others around irrational possible that humor would be used by people to feel a sense of control over a more powerless situation and used as way to temporarily escape a
feeling of helplessness. Exercised humor can be a sign of positive adjustment as well as drawing support and interaction from others around the loss. [36]Whereas adaptive coping strategies improve functioning, a maladaptive coping technique (also termed non-coping) will just reduce symptoms while maintaining or strengthening the stressor.
Maladaptive techniques are only effective as a short-term rather than long-term coping process. Examples of maladaptive humor styles such as self-defeating humor, procrastination, rationalization, safety behaviors, and sensitization
These coping strategies interfere with the person's ability to unlearn, or break apart, the paired associated anxiety symptoms. These are maladaptive strategies as they serve to maintain the disorder. Anxious avoidance is when a person avoids anxiety provoking situations by all means. This is the most common and the associated anxiety symptoms.
method. Dissociation is the ability of the mind to separate and compartmentalize thoughts, memories, and emotions. This is often demonstrated by people who experience panic attacks or have phobias. These people want to flee the
situation at the first sign of anxiety. [38] The use of self-defeating humor means that a person disparages themselves in order to entertain others. This type of humor has been shown to lead to negative psychological adjustment and exacerbate the effect of existing stressors. [39] Procrastination is when a person willingly delays a task in order to receive
a temporary relief from stress. While this may work for short-term relief, when used as a coping mechanism, procrastination causes more issues in the long run.[40]Rationalization is the practice of attempting to use reasoning to minimize the severity of an incident, or avoid approaching it in ways that could cause psychological trauma or stress. It
most commonly manifests in the form of making excuses for the behavior of the person engaging in the rationalization, or others involved in the situation the person is attempting to rationalize. Sensitization is when a person seeks to learn about, rehearse, and/or anticipate fearful events in a protective effort to prevent these events from occurring in
the first place. Safety behaviors are demonstrated when individuals with anxiety disorders come to rely on someone, as a means of coping with their excessive anxiety. Overthinking Emotion suppression Emotion for instrumental support, self-distraction, denial,
substance use, self-blame, behavioral disengagement and the use of drugs or alcohol.[42]Many people think that meditation "not only calms our emotions, but...makes us feel more 'together'", as too can "the kind of prayer in which you're trying to achieve an inner quietness and peace".[43]Low-effort syndrome or low-effort coping refers to the coping
responses of a person refusing to work hard. For example, a student at school may learn to put in only minimal effort as they believe if they put in effort as they put in e
discharge reactions...[&] the development of the function of judgement" noting however that "behind all active types of mastery of external and internal tasks, a readiness remains to fall back on passive-receptive types of mastery of external and internal tasks, a readiness remains to fall back on passive-receptive types of mastery."[45]In adult cases of "acute and more or less 'traumatic' upsetting events in the life of normal persons", Fenichel stressed
that in coping, "in carrying out a 'work of learning' or 'work of adjustment', [s]he must acknowledge the new and less comfortable reality", though such rational strategies "may be mixed with relative allowances for rest and for small regressions and compensatory wish
fulfillment, which are recuperative in effect".[46]Main article: Karen HorneyIn the 1940s, the German Freudian psychoanalyst Karen Horney in which individuals cope with the anxiety produced by feeling unsafe, unloved, and undervalued by disowning their spontaneous feelings and developing elaborate strategies of
defence."[47] Horney defined four so-called coping strategies to define interpersonal relations, one describing neurotic states. The healthy strategy she termed "Moving with" is that with which psychologically healthy people develop relationships. It involves compromise. In order to move with,
there must be communication, agreement, disagreement, compromise, and decisions. The three other strategies she described "Moving away" represented neurotic, unhealthy strategies people utilize in order to protect themselves. Horney investigated these patterns of neurotic needs (compulsive attachments)
[48] The neurotics might feel these attachments more strongly because of difficulties within their lives. If the neurotic does not experience these needs, they will take over one's life, based on the idea that love will solve all of
one's problems. Restriction of one's life to narrow borders, to be undemanding, satisfied with little, inconspicuous; to simplify one's life. Power, for control over others, for a facade of omnipotence, caused by a desperate desire for strength and dominance. Exploitation of others; to get the better of them. Social recognition or prestige, caused by an
abnormal concern for appearances and popularity. Personal admiration. Personal admiration. Personal admiration and unassailability, a desire to be perfect and a fear of being flawed. In Compliance, also known as "Moving toward" or the "Self-effacing solution", the individual moves towards those perceived as a threat to avoid
retribution and getting hurt, "making any sacrifice, no matter how detrimental."[50] The argument is, "If I give in, I won't get hurt." This means that: if I give everyone I see as a potential threat whatever they want, I will not be injured (physically or emotionally). This strategy includes neurotic needs one, two, and three.[51]In Withdrawal, also known
as "Moving away" or the "Resigning solution", individuals distance themselves from anyone perceived as a threat to avoid getting hurt "the 'mouse-hole' attitude ... the security of unobtrusiveness."[52] The argument is, "If I do not let anyone close to me, I won't get hurt." A neurotic, according to Horney desires to be distant because of being abused. If
they can be the extreme introvert, no one will ever develop a relationship with them. If there is no one around, nobody can hurt them. These "moving away" people fight personality, so they often come across as cold or shallow. This is their strategy. They emotionally remove themselves from society. Included in this strategy are neurotic needs three.
nine, and ten.[51]In Aggression, also known as the "Moving against" or the "Expansive solution", the individual threatens those perceived as a threat to avoid getting hurt. Children might react to parental in-differences by displaying anger or hostility. This strategy includes neurotic needs four, five, six, seven, and eight.[53]Related to the work of
Karen Horney, public administration scholars[54] developed a classification of coping by frontline workers when working with clients (see also the work of Michael Lipsky on street-level bureaucracy). This coping classification is focused on the behavior workers can display towards clients when confronted with stress. They show that during public
service delivery there are three main families of coping: Moving towards clients: Coping by helping clients in stressful situations. An example is a teacher working overtime to help students. Moving away from clients: Coping by avoiding meaningful interactions with clients in stressful situations. An example is a public servant stating "the office is very
busy today, please return tomorrow."Moving against clients: Coping by confronting clients. For instance, teachers can cope with stress when working with students by imposing very rigid rules, such as no cellphone use in class and sending everyone to the office when they use a cellphone. Furthermore, aggression towards clients is also included
here. In their systematic review of 35 years of the literature, the scholars found that the most often used family is moving fragments and Moving against clients in 19%. Main article: Heinz Hartmann In 1937, the psychoanalyst (as well as a physician
psychologist, and psychiatrist) Heinz Hartmann marked it as the evolution of ego psychology by publishing his paper, "Me" (which was later translated into English in 1958, titled, "The Ego and the Problem of Adaptation").[55] Hartmann focused on the adaptive progression of the ego "through the mastery of new demands and tasks".[56] In fact,
according to his adaptive point of view, once infants were born they have the ability to be able to cope with the demands of their surroundings.[55] In his wake, ego psychology further stressed the importance of "the
capacity to soothe oneself, to shake off rampant anxiety, gloom, or irritability....People who are poor in this ability are constantly battling feelings of distress, while those who excel in it can bounce back far more quickly from life's setbacks and upsets".[58] From this perspective, "the art of soothing ourselves is a fundamental life skill; some
psychoanalytic thinkers, such as John Bowlby and D. W. Winnicott see this as the most essential of all psychic tools."[59]Object relations theory has examined the childhood development both of "independent coping...capacity for self-soothing", and of "aided coping. Emotion-focused coping in infancy is often accomplished through the assistance of an
 adult."[60]Gender differences in coping strategies are the ways in which men and women differ in managing psychological stress due to issues in interpersonal relationships.[61] Early studies indicated that "there were gender differences in
the sources of stressors, but gender differences in coping were relatively small after controlling for the source of stressors";[62] and more recent work has similarly revealed "small differences as exist indicate that women
tend to employ emotion-focused coping and the "fight-or-flight" response to stress, whereas men tend to use problem-focused coping and the "fight-or-flight" response, perhaps because societal standards encourage men to be more individualistic, while women are often expected to be interpersonal. An alternative explanation for the
aforementioned differences involves genetic factors. The degree to which genetic factors and social conditioning influence behavior, is the subject of ongoing debate. [64] Hormones also play a part in stress management. Cortisol, a stress hormone, was found to be elevated in males during stressful situations. In females, however, cortisol levels were
decreased in stressful situations, and instead, an increase in limbic activity was discovered. Many researchers believe that these results underlie the reasons why men administer a fight-or-flight reaction to stress; whereas, females have a tend-and-befriend reaction. [65] The "fight-or-flight" response activates the sympathetic nervous system in the
form of increased focus levels, adrenaline, and epinephrine. Conversely, the "tend-and-befriend" reaction refers to the tendency of women to protect their offspring and relatives. Although these two reactions support a genetic basis to differences in behavior, one should not assume that in general females cannot implement "fight-or-flight" behavior or formula to the standard of t
that males cannot implement "tend-and-befriend" behavior. Additionally, this study implied differing health impacts for each gender as a result of the contrasting stress-processes. Adaptive performance Communal coping Dyscopia Defence mechanisms Level 4: mature Emotional enting Emotional intelligence Experiential avoidance GriefInvisible
supportLife skillsMindfulness-based stress reductionMusic as a coping strategyPsychological resiliencePsychological traumaSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf-concealmentSelf
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