

one of the most positive methods people use to cope with stressful situation is humor. You feel things to the full but you neutral them by turning it all into pleasure and fun.

While dealing with stress it is important to deal with your physical, mental, and social well being.

② Physical → one should maintain one's health and learn to relax if one's finds oneself under stress.

③ Mentally → it is important to think positive thoughts, value oneself, demonstrate good time management, plan and think ahead, and express emotions.

④ Socially one should communicate with people and seek new activities by following these simple strategies, one will have an easier time responding to stresses in one's life



out information on the Problem and learning new skills. to manage the problems. Problem focused coping is aimed at changing or eliminating the source of the stress. The three problem focusing focused coping strategies identified by Folkman and Lazarus are taking control information seeking, and evaluating the Pros and cons.

⑥ Emotional-focused → Directed towards changing one's own emotional reaction involve releasing pent-up emotions, distracting oneself, managing hostile feelings, meditating or using systematic relaxation procedures. "Emotion focused coping" is oriented towards managing the emotions that accompany the perception of stress. Five emotion-focused coping strategies:

- (A) Disclaiming
- (B) Escape-avoidance
- (C) Accepting responsibility or blame
- (D) Exercising self-control
- (E) Positive reappraisal.

14 SUNDAY Typically people use a Mixture of all three types of coping strategies, and coping skills will usually change over time. All these method can prove useful but some claim that those using problem-focused coping strategies will adjust better to life.

Priorities

| JANUARY 2018 |   |    |    |       |
|--------------|---|----|----|-------|
| MON          | 1 | 8  | 15 | 22 29 |
| TUE          | 2 | 9  | 16 | 23 30 |
| WED          | 3 | 10 | 17 | 24 31 |
| THU          | 4 | 11 | 18 | 25    |
| FRI          | 5 | 12 | 19 | 26    |
| SAT          | 6 | 13 | 20 | 27    |
| SUN          | 7 | 14 | 21 | 28    |



## Coping with Stress:

Coping means to invest one's own conscious effort, to solve personal and interpersonal problems in order to try to master, minimize or tolerate stress and conflict. The psychological coping mechanisms are commonly termed coping strategies or coping skills.

In psychology coping is expending conscious effort to solve personal and interpersonal problems and seeking to master or tolerate stress or conflict.

Types of coping strategies → on the basis of extensive researches psychologists have classified coping into following types:

① Appraisal-focused → this type of coping directed towards challenging one's own assumptions, adaptive cognitive. occurs when the person modifies the ways they think. for instance employing denial, or distancing oneself from the problem. 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."

② Problem focused → directed towards reducing or eliminating a stressor, adaptive behavioural. people using problem-focused strategies try to deal with the cause of their problem. They do this by finding

| FEBRUARY 2018 |   |    |    |    |
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| TUE           | 6 | 13 | 20 | 27 |
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