

TABLEAU 1

LES STRATÉGIES SPÉCIFIQUES DE COPING

		Contrôlabilité de la situation	
		Oui	Non
Efficacité	+	<p>Modification de la situation</p> <p>Augmenter ses ressources et capacités : rechercher l'information pertinente et développer ses compétences.</p> <p>Agir concrètement : communiquer, analyser, planifier et organiser son temps, ses tâches et son environnement, fournir les efforts nécessaires pour accomplir ses tâches et persévérer.</p> <p>Obtenir le soutien instrumental du réseau social : recevoir de l'aide directe, des ressources ou des conseils pour identifier et appliquer des solutions concrètes.</p>	<p>Lâcher-prise</p> <p>Accepter sereinement de composer avec la réalité : soi, les autres, la situation.</p> <p>Nourrir des exigences et des attentes réalistes, accepter les limites de son pouvoir et de ses capacités ainsi que celles des autres.</p> <p>Se concentrer sur le positif, relativiser l'importance d'un problème et dédramatiser ses conséquences.</p> <p>Choisir ses batailles et cesser de vouloir modifier une situation sur laquelle on n'a pas de pouvoir.</p>
	-	<p>Résignation-déresponsabilisation</p> <p>Se plaindre, s'apitoyer, blâmer les autres sans reconnaître ses propres fautes ou manquements.</p> <p>Subir la situation, se sentir impuissant à la changer même si, en réalité, elle pourrait l'être.</p> <p>Se déresponsabiliser vis-à-vis de ce que l'on pourrait faire, laisser les autres trouver des solutions ou s'occuper des problèmes, procrastiner.</p>	<p>Acharnement</p> <p>S'obstiner à poursuivre des stratégies d'action inefficaces puisqu'il n'y a pas de contrôle possible sur la situation.</p> <p>S'entêter à vouloir atteindre un résultat irréaliste, voire impossible.</p> <p>Se responsabiliser pour des problèmes qui appartiennent aux autres.</p>

Coping With Disablement

Edith Rudinger



Coping With Disablement:

Coping with Disablement, 1979 **A Woman's Guide to Coping with Disability**, 1997 *Coping with Disablement*
Edith Rudinger, 1976 *Coping with Disablement* Consumers' Association, Edith Rudinger, 1974 A Woman's Guide to
Coping with Disability, 2000 Despite the recent increased interest in women's health little has been written about and for
disabled women This outstanding new source meets a genuine need by providing an overview of all aspects of women's lives
and how disability affects them as workers homemakers parents and caregivers Necessities such as driving obtaining
adequate medical care enjoying recreation and travel as well as personal concerns related to sexuality pregnancy and
childbirth are all addressed The guide covers federal laws housing coping with daily activities at home and in the workplace
and the most common conditions that disable women arthritis diabetes epilepsy lupus multiple sclerosis osteoporosis and
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resource list of books audio and videotapes and vendors of assistive devices Quotes from disabled women illustrate their
coping skills and the impact of their conditions on their lives Barbara M Bibel Oakland P L Cal Library Journal *Coping*
with Disability Inventory Madhav R. Kulkarni, 1985 *Physical Disability, a Psychosocial Approach* Beatrice Ann
Wright, Beatrice Ann Posner Wright, 1983 *Welfare Research* Fiona William, Jennie Popay, Ann Oakley, 2005-08-12 First
published in 1998 This book attempts to contribute a new framework for social research in the welfare field As such it
engages with new theories new approaches and new methods alongside a constructive critique of both the old and the new It
attempts to illustrate approaches to conceptualization and operationalization within policy relevant research to reflect and
explore both new thinking in social theory and in welfare policy as well as to maintain a connection with old concerns Our
concern is with welfare research both theory and method broadly defined as the wider landscape of policy and provision
captured in the past at least by the notion of the welfare state The new thinking with which the book is primarily concerned
involves a shift away from seeing people as the passive beneficiaries of welfare provided through state interventions and
professional expertise and from seeing them as fixed single social categories of poor old single parent or as one dimensional
objective socio economic classifications **NOC and NIC Linkages to NANDA-I and Clinical Conditions** Marion
Johnson, Sue Moorhead, Gloria M. Bulechek, Howard K. Butcher, Meridean L. Maas, Elizabeth Swanson, 2011-05-06 Based on
ongoing research conducted by investigative teams at the University of Iowa NOC and NIC Linkages to NANDA I and Clinical
Conditions Supporting Critical Thinking and Quality Care 3rd Edition is the only book on the market that provides linkages
between the three standardized languages recognized by the American Nurses Organization NOC NIC and all of the 2009
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Lovejoy's College Guide for the Learning Disabled Charles T. Straughn,1993 Profiles over 270 American colleges and universities offering facilities for learning disabled students

Coping+Plus Frank M Robinson,Doe West,Dwight Woodworth,1995-03-24 Everyone can learn new or more effective coping skills and strategies to deal with times of loss crisis and disability Being aware of possible options or of how others fare in coping with difficult situations is better than groping in the dark It is hoped that the real life experiences and coping skills presented here will help others in dealing with similar issues and challenges

Help Mentally Disabled Young People Cope with the Demands of Everyday Life Edward Whelan,Barbara Speake,1983

Coping with a Disability Holly Duhig,2018-07-15 Coping with a disability impacts life for many people from the person with the disability to their friends and family Readers are introduced to the struggles that may come with having a disability and how people with disabilities handle these possible hardships They also learn it is important to have patience respect and compassion toward those with disabilities The concise main text is enhanced by helpful fact boxes and vibrant full color photographs presented in a scrapbook style design Readers who have a disability or who know someone who does will find relatable guidance with each turn of the page

The Book of the Red Deer and Empire Big Game John Ross,Hugh Gunn,1925

The Inter-Allied Conference on the After-Care of Disabled Men, Second Annual Meeting Held in London, May 20 to 25, 1918 John Galsworthy,1918

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