

Coping can further be thought of in four broad categories:



Problem-focused coping, which directly addresses the stressor. For example, a person might practice acceptance to cope with uncertainty.

Emotion-focused coping, which addresses the challenging emotion that arises in response to the stressor. An example of this is making a joke about your heartbreak.

Meaning-focused coping, which harnesses cognitive strategies to find meaning beneath the stressor. For example, if a person doesn't get into the program they applied for, they may recognize a silver lining, such as not having to move.

Social coping, which involves seeking support from others. Think about a time when you were feeling down and reached out to a friend – that's social coping.

Ea Coping With Difficult

Chao Zhang



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