

## 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

**J Ma**



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