

1: 10 steps for coping with a chronic condition - Harvard Health

Coping with Problems is a study designed to help one deal effectively with the various issues of life, including anxiety, loneliness, honesty, forgiveness, accountability and much more. The program is hosted by Steven Lloyd and Don Ruhl and includes a total of 30 lessons.

Coping Responding to Loss You are working to reduce the impact of the loss you are suffering. You are calmly facing responsibilities, taking action, and dealing effectively with problems and difficulties. You are fixing the problem as you fix your hurt. You are taking action to reduce your stress. You are doing your best to cope with the loss. Definitions Contending with difficulties and acting to overcome them. Ways of dealing with stressful situations. Taking action to restore equilibrium. The struggle to go on. Coping is our human approach to solving problems. For problems that are readily solved, for example fixing a flat tire, we cope by taking direct and effective action on the problem. In this case we decide how best to repair the tire, we repair or change the tire, and go on our way. The work is primarily external to our self. If the problem is prolonged or unsolvable, perhaps because it involves a permanent loss such as a broken relationship, chronic illness, or the death of a friend, then the focus of our coping is emotional. This may involve grieving or reappraisal or simply taking time to accept and integrate the change and restore ourselves to a new equilibrium. Here the focus of our work is internal to our self. Most problems are a blend of these extremes and require both problem-focused and emotion-focused coping efforts. Related Terms The English language has many words that describe various approaches to encountering and confronting problems. These terms differ in the degree of success, effort, and discomfort they describe. Coping is easier sometimes than at other times. We become inured to a persistent problem when we become accustomed to the annoyance after prolonged exposure to it. We become overwhelmed when our coping ability is overloaded. We are in denial when we decline to acknowledge an apparent and relevant problem. We are failing to cope when we avoid, disregard, evade, flee, ignore, misdirect, mishandle, mismanage, neglect, retreat, or run away from our problems. Solving Ordinary Problems The simplest and most familiar form of coping is the problem solving we do every day. Consider this simple example. You wake up in the morning looking forward to having bowl of cereal for breakfast before driving to work. You get dressed, walk into the kitchen, grab a box of cereal, and look into the refrigerator while you are thinking more about your day ahead than preparing breakfast. You then notice there is no milk in the refrigerator. After quickly considering the alternatives of eating out, eggs for breakfast, orange juice on your cereal, skipping breakfast, or borrowing milk from the neighbor, you decide to drive to the local store to buy milk. You return home after a quick trip to the store, enjoy the bowl of cereal you have been looking forward to and then leave for work. Other than an the unexpected quick trip to the store, your morning is going about as well as it typically does. Even this simple example proceeds through the following distinct stages of problem solving and coping: Orientingâ€”Noticing something interesting and turning your attention toward itâ€”In this example the ordinary morning routine was interrupted to focus attention on the contents of the refrigerator and the threat of no milk. Observingâ€”Paying careful attention to what is going onâ€”The contents of the refrigerator were carefully examined in search of milk in this example Appraisalâ€”Evaluating the impact of the observations on your particular goals â€”In this example the lack of milk will impact your goal of having cereal for breakfast. Decidingâ€”Creating alternatives, assessing their value, planning, and choosing your next actionsâ€”Here alternative breakfast plans were considered along with alternatives for obtaining milk. After brief consideration, the decision to run to the store was chosen as the best plan. Actingâ€”Carrying out the decisionsâ€”Driving to the store to buy milk completed the plan. Reappraisingâ€”Reflecting on the appraisal , decision, actions, and resultâ€”You are satisfied with the good breakfast. Things could have gone differently. If you expect your spouse to do the food shopping, then when you appraised the impact of the missing milk, you might have become angry at your spouse for not thinking of you and your breakfast needs and for failing to buy milk to meet your needs. Your goals or beliefs of: The anger results from the appraisal that a deliberate unjust act has led to your loss. Other appraisals would have led to other emotions. If you were disappointed with yourself for not checking on the milk and shopping for it

yesterday you might feel embarrassment or shame. If the delay makes you late for work you might be fearful or anxious about getting to work late. When we solve problems it is helpful to consider: Have we chosen the best, simplest, least intrusive, and most complete solution? What are all the contributing causes of this problem? What can we learn from this? How can similar problems be prevented in the future? What are the emotional consequences? Ways of Coping There are many ways to cope with the problems we face. Research by Richard Lazarus and Susan Folkman has identified and categorized the thoughts and actions people have used to cope with a specific stressful encounter. The various approaches used in the coping process are grouped into these eight coping factors measured by their Ways of coping questionnaire. Items on this scale contrast with those on the Distancing scale, which suggest detachment. Bargaining Planful Problem Solving: It often also has a religious dimension. Blame someone or something else for the loss. I added the names of the five stages at the end of the eight ways of coping above to emphasize similarities in the models. It is instructive and fun to suggest responses at each stage of the missing milk problem that illustrate each of these styles. Shouting a profanity, slamming and kicking the refrigerator door before blaming self, spouse, bad luck, always happens, the dog for no milk. A distancing approach could be: A self-controlling approach is telling yourself: In seeking social support you might ask your spouse for sympathy, understanding, or help. You might also ask her to go for milk or cook you eggs. Planful Problem Solving leads to the alternatives and solutions originally described. Difficult Problems While we easily cope with ordinarily problems such as the no milk for breakfast example, our coping skills are sometimes tested by much more difficult problems. These include problems that are difficult or impossible to solve, problems that require extensive resources to solve, chronic problems, sudden or irrevocable and permanent loss, and problems that have important personal meaning for us. These require significant resources to resolve. They may also test your own competence. Problems requiring extensive resources to solve include: Severe injury, prolonged poor health, accident recovery, recovering from disasters such as flooding or hurricane. Stable but harmful life conditions present chronic problems including: Irrevocable loss is common and permanent. In addition to the material losses, problems cause stress and emotional responses based on our own appraisal of the personal meaning of each. The missing breakfast milk could mean nothing, or it could mean you become angry, jealous, ashamed or depressed based on the meaning you attribute to it. Coping Requires Resources Our ability to cope depends on the resources we can apply to solving the problems. In the simple missing milk example the solution depended on having money to buy the milk, a store nearby, a way to get to the store, and time to spend shopping. A trivial issue for someone with these resources can become a matter of life and death for someone who is impoverished or is lost in the wilderness. Resources to help in coping may include: If resources are unavailable or become exhausted then coping becomes less effective, suspends, or stops altogether. Coping may resume if resources again become available. A more complex example is the long wait for relief aid that refugees may face. Stress is the word we use to describe the resources consumed by coping; these are the resources required to counteract a stressor. Personal Meaning The meaning you attribute to any particular event depends on three basic conditions, your goals , beliefs , and resources. These vary greatly from one person to the next and as a result the personal meaning attributed to the particular event also varies greatly. Without a goal at stake there is no potential for stress or emotion. Any particular event may advance your goals, thwart your goals, or be irrelevant to them. It may advance some goals while thwarting others. The impact on our goals determines the extent of the stress , the coping strategy, and the type and strength of emotions that are elicited. What we believe determines how we interpret events. A given event may strengthen a belief, challenge it, or be irrelevant. Some particularly significant events cause us to reevaluate and change our beliefs. Stress consumes resources to carry out our coping strategy and overcome the problem presented by the stressor. If we have abundant resources, the problem is easily overcome. If our resources are scarce, taxed, or exhausted, we may be unable to cope with even a minor problem. The nature of our resources determines our approach to coping. If we lose our house in a fire, a financially well off person, or someone with adequate insurance can readily replace the house.

2: Coping (psychology) - Wikipedia

Arguing only intensifies stressful feelings. Make allowances for other's opinions and be prepared to compromise. If you are willing to be accommodating, others may meet you halfway. Not only will you reduce your stress, you may find better solutions to your problems.

How to deal with life problems By M. How to deal with life problems How to deal with life problems? For years i have been studying people in order to determine why some of them are strong and why some of them are really weak. I was always wondering why the same life problems can break someone apart yet fail to annoy another person. Why do some people find it really easy to deal with life problems and why do others become desperate, helpless and depressed when they encounter them? After years of research i came up with a formula that can certainly help you deal with life problems if you followed it well. This is how to deal with life problems So how can you deal with life problems? I found that people become strong, resilient and persistent in the face of life problems when they do the following: When you become obsessed with the past you imprison yourself in negative thoughts that would never allow you to move forward. If two people lost their money and one of them started to think in terms of the past he will only find himself blaming others while if the other person thought about the future he will only be concerned about finding solutions for the problem. If you want to deal with life problems then you have to be conscious of the fact that routine solutions will always bring routine outcomes. Dare to do something that you never did before and you will get results that you have never got before 3 Weak attachment: Some people break down when they lose something because they were so attached to it while others move on and fight to get something better than that they lost. Some people panic when a short term problem happens and as a result they never manage to deal with life problems properly. Powerful people on the other hand think long term. People who hesitate are also the same as procrastinators. Hesitation is nothing more than the behaviour a person who is afraid to deal with life problems uses in order to remain in his comfort zone. If you want to deal with life problems then you must be really brave to stop hesitation, procrastination and self deception. If you think that this is some kind of marketing hype then see what other visitors say about 2knowmyself. The Solid confidence program was launched by 2knowmyself. Want to know more?

3: Cope | Define Cope at www.enganchecubano.com

In most circumstances, by the time you reach ten, you would have figured out a better way of communicating the issue, so that you can reduce, instead of escalate the problem.

Chapter 10 Dealing With Problems You are going to run into problems in your meditation. Problems come in all shapes and sizes, and the only thing you can be absolutely certain about is that you will have some. The main trick in dealing with obstacles is to adopt the right attitude. Difficulties are an integral part of your practice. They are something to be used. They provide invaluable opportunities for learning. Meditation provides us with a laboratory situation in which we can examine this syndrome and devise strategies for dealing with it. The various snags and hassles that arise during meditation are grist for the mill. They are the material on which we work. There is no pleasure without some degree of pain. There is no pain without some amount of pleasure. Life is composed of joys and miseries. Meditation is no exception. You will experience good times and bad times, ecstasies and frightening times. Every seasoned meditator has had his own brick walls. They come up again and again. Just expect them and be ready to cope. Your ability to cope with trouble depends upon your attitude. Your ability to deal with some issue that arises in meditation will carry over into the rest of your life and allow you to smooth out the big issues that really bother you. If you try to avoid each piece of nastiness that arises in meditation, you are simply reinforcing the habit that has already made life seem so unbearable at times. It is essential to learn to confront the less pleasant aspects of existence. Our job as meditators is to learn to be patient with ourselves, to see ourselves in an unbiased way, complete with all our sorrows and inadequacies. We have to learn to be kind to ourselves. In the long run, avoiding unpleasantness is a very unkind thing to do to yourself. Paradoxically, kindness entails confronting unpleasantness when it arises. One popular human strategy for dealing with difficulty is autosuggestion: If you are miserable you are miserable; this is the reality, that is what is happening, so confront that. Look it square in the eye without flinching. When you are having a bad time, examine the badness, observe it mindfully, study the phenomenon and learn its mechanics. The way out of a trap is to study the trap itself, learn how it is built. You do this by taking the thing apart piece by piece. The result is freedom. This point is essential, but it is one of the least understood aspects of Buddhist philosophy. Those who have studied Buddhism superficially are quick to conclude that it is a pessimistic set of teachings, always harping on unpleasant things like suffering, always urging us to confront the uncomfortable realities of pain, death and illness. Buddhist thinkers do not regard themselves as pessimists - quite the opposite, actually. Pain exists in the universe; some measure of it is unavoidable. Learning to deal with it is not pessimism, but a very pragmatic form of optimism. How would you deal with the death of your spouse? How would you feel if you lost your mother tomorrow? Or your sister or your closest friend? Suppose you lost your job, your savings, and the use of your hands, on the same day; could you face the prospect of spending the rest of your life in a wheelchair? How are you going to cope with the pain of terminal cancer if you contract it, and how will you deal with your own death, when that approaches? Most of us lose friends and relatives at some time during our lives; all of us get sick now and then; at the very least you are going to die someday. You can suffer through things like that or you can face them openly - the choice is yours. Pain is inevitable, suffering is not. Pain and suffering are two different animals. If any of these tragedies strike you in your present state of mind, you will suffer. The habit patterns that presently control your mind will lock you into that suffering and there will be no escape. A bit of time spent in learning alternatives to those habit patterns is time well-invested. Most human beings spend all their energies devising ways to increase their pleasure and decrease their pain. Buddhism does not advise that you cease this activity altogether. Money and security are fine. Pain should be avoided where possible. Nobody is telling you to give away all your possessions or seek out needless pain, but Buddhism does advise you to invest some of your time and energy in learning to deal with unpleasantness, because some pain is unavoidable. When you see a truck bearing down on you, by all means jump out of the way. But spend some time in meditation, too. Problems arise in your practice. Some of them will be physical, some will be emotional, and some will be attitudinal. All of them are confrontable and each has its own specific response.

All of them are opportunities to free yourself. Problem 1 Physical Pain Nobody likes pain, yet everybody has some sometime. Handling pain is a two-stage process. First, get rid of the pain if possible or at least get rid of it as much as possible. Then, if some pain lingers, use it as an object of meditation. The first step is physical handling. Maybe the pain is an illness of one sort or another, a headache, fever, bruises or whatever. In this case, employ standard medical treatments before you sit down to meditate: Then there are certain pains that are specific to the seated posture. If you never spend much time sitting cross-legged on the floor, there will be an adjustment period. Some discomfort is nearly inevitable. According to where the pain is, there are specific remedies. If the pain is in the leg or knees, check you pants. If they are tight or made of thick material, that could be the problem. Try to change it. Check your cushion, too. It should be about three inches in height when compressed. If the pain is around your waist, try loosening your belt. Loosen the waistband of your pants if that is necessary. If you experience pain in your lower back, your posture is probably at fault. Slouching will never be comfortable, so straighten up. Pain in the neck or upper back has several sources. The first is improper hand position. Your hands should be resting comfortably in your lap. Relax your arms and your neck muscles. Keep it up and aligned with the rest of the spine. After you have made all these various adjustments, you may find you still have some lingering pain. If that is the case, try step two. Make the pain your object of meditation. Just observe the pain mindfully. When the pain becomes demanding, you will find it pulling your attention off the breath. Just let your attention slide easily over onto the simple sensation. Go into the pain fully. Get beyond your avoiding reaction and go into the pure sensations that lie below that. You will discover that there are two things present. The first is the simple sensation - pain itself. Second is your resistance to that sensation. Resistance reaction is partly mental and partly physical. The physical part consists of tensing the muscles in and around the painful area. Take them one by one and relax each one very thoroughly.

4: 3 Ways to Handle Problems - wikiHow

Adequate test-retest reliability for the comprised dysfunctional, emotion-focused, and problem-focused coping scores demonstrated with baseline scores that were significantly correlated with the same scores measured one year later (ICC=, ICC=, ICC= respectively; all $p < .$).

Tweet on Twitter How often have you been living life, happy and content, and then suddenly life slaps you in the face with something unexpected? We all have problems, and the truth of the matter is that problems will never go away. They will just change form. One time you may be struggling with health, the next with money, and still the next with relationships. That is both the curse and blessing of life. Behind the Scenes of Problems Nothing becomes a problem until you label it so. This means that problems exist in our heads, and that we create them, define them, and fear them. Sure, they feel very real. You might fly off the handle, or you might not. It will depend on how you perceive the situation. Let them figure themselves out. The more you try, the more you fuel the problem, and the more miserable you become. It means you stop the compulsive worrying and fear-mongering inside your head. How to Stop the Compulsive Worrying You can stop the madness by simply staying present, and letting whatever happens be. This can be extremely hard if you bump into a problem that is important to you, but it is through those big problems that the biggest changes occur. For example, I tend to freak out whenever something threatens my health. I can even go into a cold sweat, which I did a few weeks ago about a possible dental issue. But I remained present. I observed the freak out within my own body and mind without fueling it by thinking and trying to figure it out. I was the observer of my thoughts, and you know what happened? The thoughts lost momentum and disappeared. The freak out ended within 30 minutes. Some people are so good at freaking out that it goes on for years, or even worse, their whole life. Why is Life so Hard? Life can seem tough from time to time, but it is through those tough times that you grow as a human being. The problems are events in our life, no one is denying that, but the extrapolation that we do freaks us out, and then we wonder why we feel so bad. But change starts with awareness. So, today all I want you to do is be aware of how you worry and freak yourself out, then simply watch your thoughts. You will be pulled back into the drama of your mind, but gently pull your attention back to just watching what goes on. Be kind to yourself, and enjoy both the highs and the lows. Henri writes at Wake Up Cloud , where he shares his personal tips on how you can live the life you know you deserve. When you feel ready to take action, get his free course:

5: How to deal with life problems | 2KnowMySelf

This is a world cursed by sin (Genesis 3). It is, therefore, a world of problems. We all have problems—some greater, some lesser. We have health problems, money problems, employment problems, and family problems.

Saul McLeod, published Stress arises when individuals perceive a discrepancy between the physical or psychological demands of a situation and the resources of his or her biological, psychological or social systems Sarafino, There are many ways of coping with stress. Their effectiveness depends on the type of stressor, the particular individual, and the circumstances. For example, if you think about the way your friends deal with stressors like exams, you will see a range of different coping responses. Some people will pace around or tell you how worried they are, others will revise, or pester their teachers for clues. Lazarus and Folkman suggested there are two types of coping responses emotion focused and problem focused: Emotion-focused Coping Emotion-focused coping involves trying to reduce the negative emotional responses associated with stress such as embarrassment, fear, anxiety, depression, excitement and frustration. Drug therapy can be seen as emotion focused coping as it focuses on the arousal caused by stress not the problem. Other emotion focused coping techniques include: This involves expressing strong emotions by talking or writing about negative events which precipitated those emotions Pennebaker, This is an important part of psychotherapy. Praying for guidance and strength. Suppressing emotions over an extended period of time compromises immune competence and leads to poor physical health Petrie, K. In general people who used emotion-focused strategies such as eating, drinking and taking drugs reported poorer health outcomes. Such strategies are ineffective as they ignore the root cause of the stress. The type of stressor and whether the impact was on physical or psychological health explained the strategies between coping strategies and health outcomes. In addition, Epping-Jordan et al. The same pattern exists in relation to dental health and financial problems. Emotion-focused coping does not provide a long term solution and may have negative side effects as it delays the person dealing with the problem. Gender differences have also been reported: Problem-focused Coping Problem-focused coping targets the causes of stress in practical ways which tackles the problem or stressful situation that is causing stress, consequently directly reducing the stress. Problem focused strategies aim to remove or reduce the cause of the stressor, including: Obtaining instrumental social support. Critical Evaluation In general problem-focused coping is best, as it removes the stressor, so deals with the root cause of the problem, providing a long term solution. However, it is not always possible to use problem-focused strategies. For example, when someone dies, problem-focused strategies may not be very helpful for the bereaved. Dealing with the feeling of loss requires emotion-focused coping. They work best when the person can control the source of stress e. It is not a productive method for all individuals. For example, not all people are able to take control of a situation, or perceived a situation as controllable. The role of coping responses and social resources in attenuating the stress of life events. Journal of Behavioral Medicine, 4, Improving mental health in health care practitioners: Randomized controlled trial of a gratitude intervention. Journal of consulting and clinical psychology, 83 1, Coping with diabetes in adulthood: Journal of Behavioral Medicine, 31 4, Predictors of cancer progression in young adult men and women: Avoidance, intrusive thoughts, and psychological symptoms. Progress on a cognitive-motivational-relational theory of emotion. American psychologist, 46 8, Short-circuiting of threat by experimentally altering cognitive appraisal. The Journal of Abnormal and Social Psychology, 69 2, What works in coping with HIV? A meta-analysis with implications for coping with serious illness. Psychological Bulletin, 1, Dispositional optimism and coping: Personality and social psychology review, 10 3, Perceived discrimination and health: Psychological bulletin, 4, The association of coping to physical and psychological health outcomes: Journal of behavioral medicine, 25 6, The immunological effects of thought suppression. Journal of personality and social psychology, 75 5, How to reference this article:

6: Coping with Problems : Christian Courier

How to Deal With Different Problems in Life. In this Article: Developing Problem-Solving Skills Stocking Your Coping Toolbox Coping with Interpersonal Issues Having a Healthy Outlook Community Q&A. Money, relationships, family, health, school, careers. Problems can and will pop up in nearly every area of life.

Avoidance 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. Positive emotion-focused mechanisms, such as seeking social support, and positive re-appraisal, are associated with beneficial outcomes. All these methods can prove useful, but some claim that those using problem-focused coping strategies will adjust better to life. Positive techniques adaptive or constructive coping [edit] One positive coping strategy, anticipating a problem, is known as proactive coping. By having a humorous outlook on life, stressful experiences can be and are often minimized. This coping strategy corresponds with positive emotional states and is known to be an indicator of mental health. 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. A person might also find comedic relief with others around irrational possible outcomes for the deceased funeral service. It is also 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. Mentally it is important to think positive thoughts, value oneself, demonstrate good time management, plan and think ahead, and express emotions. Socially one should communicate with people and seek new activities. Maladaptive techniques are more effective in the short term rather than long term coping process. Examples of maladaptive behavior strategies include dissociation , sensitization , safety behaviors , anxious avoidance , and escape including self-medication. These are maladaptive strategies as they serve to maintain the disorder. Dissociation is the ability of the mind to separate and compartmentalize thoughts, memories, and emotions. This is often associated with post traumatic stress syndrome. Safety behaviors are demonstrated when individuals with anxiety disorders come to rely on something, or someone, as a means of coping with their excessive anxiety. Anxious avoidance is when a person avoids anxiety provoking situations by all means. This is the most common strategy. Escape is closely related to avoidance. This technique 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. For example, minority students at school may learn to put in only minimal effort as they believe they are being discriminated against by the dominant culture. Otto Fenichel Otto Fenichel summarized early psychoanalytic studies of coping mechanisms in children as "a gradual substitution of actions for mere discharge reactions Karen Horney In the s, the German Freudian psychoanalyst Karen Horney "developed her mature theory 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. The healthy strategy she termed "Moving with" is that with which psychologically healthy people develop relationships. In order to move with, there must be communication, agreement, disagreement, compromise, and decisions. The three other strategies she described "Moving toward", "Moving against" and "Moving away" represented neurotic, unhealthy strategies people utilize in order to protect themselves. Horney investigated these patterns of neurotic needs compulsive attachments. The neurotics might need these more because of difficulties within their lives. If the neurotic does not experience these needs, he or she will experience anxiety. The ten needs are: 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. This strategy includes neurotic needs one, two, and three. 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. Children might react to parental in-differences by displaying anger or

hostility. This strategy includes neurotic needs four, five, six, seven, and eight. 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: Coping by helping clients in stressful situations. An example is a teacher working overtime to help students. 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. 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. Heinz Hartmann In , 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 , titled, "The Ego and the Problem of Adaptation". Winnicott see this as the most essential of all psychic tools. Emotion-focused coping in infancy is often accomplished through the assistance of an adult. There is evidence that males often develop stress due to their careers, whereas females often encounter stress due to issues in interpersonal relationships. 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. 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. 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 that males cannot implement "tend-and-befriend" behavior.

7: 4 Ways to Deal With Different Problems in Life - wikiHow

With your Coping Bias and Coping Score, you will have a good sense of whether a problem-focused or emotion-focused coping strategy makes more sense and where your efforts should go towards. We'll then finish with some concrete examples and tactics of what these look like.

Depending on the part of the brain affected and the severity of the injury, the result on any one individual can vary greatly. Personality changes, memory and judgement deficits, lack of impulse control, and poor concentration are all common. Behavioral changes can be stressful for families and caregivers who must learn to adapt their communication techniques, established relationships, and expectations of what the impaired person can or cannot do. In some cases, extended cognitive and behavioral rehabilitation in a residential or outpatient setting will be necessary to regain certain skills. A neuropsychologist also may be helpful in assessing cognitive deficits. However, over the long term both the survivor and any involved family members will need to explore what combination of strategies work best to improve the functional and behavioral skills of the impaired individual. Some changes can be quite striking. It may be, for example, that the head injury survivor used to be easygoing, energetic, and thoughtful and now seems easily angered, self-absorbed, and unable to show enthusiasm for anything. This is sure to make the person feel frustrated, angry, or embarrassed. Generally, new learning presents the greatest challenge to memory or remembering. In contrast, pre-injury knowledge is more easily retained. The ability to focus and concentrate are keys to addressing some short-term memory problems. Whenever possible, have the person write down key information e. Keep household objects in the same place. Use the same route to walk to the mailbox or bus stop. If getting lost is a problem, you can label doors or color code doors inside the house, or hang arrows to indicate directions. When going out, the person should be accompanied initially to ensure the route is understood. A simple map can be sketched from the bus stop to the house. Establishing Structure A structured environment can be essential in helping a head injury survivor relearn basic skills. Lack of Emotion After a head injury, a person may lack emotional responses such as smiling, laughing, crying, anger, or enthusiasm, or their responses may be inappropriate. This may be especially present during the earlier stages of recovery. Recognize that this is part of the injury. Try not to take it personally if the person does not show an appropriate response. Encourage the person to recognize your smile at a humorous situation or tears if you are sad , and to take note of the proper response. Emotional Lability In some cases, neurological damage after a head injury may cause emotional volatility intense mood swings or extreme reactions to everyday situations. Such overreactions could be sudden tears, angry outbursts, or laughter. It is important to understand that the person has lost some degree of control over emotional responses. The key to handling lability is recognizing that the behavior is unintentional. Caregivers should model calm behavior and try not to provoke further stress by being overly critical. Aggressive Behaviors Provided a situation does not present a physical threat, various approaches may be used to diffuse hostile behavior: Remain as calm as you can; ignore the behavior. Show extra affection and support to address underlying frustrations. Validate the emotion by identifying the feelings and letting the person know these feelings are legitimate. Do not challenge or confront the person. Offer alternative ways to express anger e. Try to understand the source of the anger. Isolate the disruptive impaired person. Treat each incident as an isolated occurrence, as the survivor may not remember having acted this way before or may need to be prompted to remember. Seek support for yourself as a caregiver. Support groups, professional counselors, and, if necessary, protective services or law enforcement may be contacted. Self-Centered Attitude The person who has survived a head injury may lack empathy. The result can be thoughtless or hurtful remarks or unreasonable, demanding requests. This behavior stems from a lack of abstract thinking. Help cue the person to recognize thoughtlessness. Remember that this is a part of the neurological damage and not just obstinance. Demonstrate that you can do the task easily. Inappropriate Sexual Behavior After a head injury, a person may experience either increased or decreased interest in sex. The causes could be a result of brain regulation of hormonal activity or an emotional response to the injury. Sexual disinterest from a head injured spouse should not be taken personally. Avoiding sexual contact could stem from fear or embarrassment about potential

performance. Increased sexual interest can be particularly stressful and embarrassing to families and caregivers. Without good impulse control, the survivor may make crude remarks out in public, make a pass at a married friend, try to touch someone in an inappropriate setting, or demand sexual attention from a spouse or significant other. It is important to remind the person that the behavior is not acceptable. A sexually aggressive person may need to be isolated from others where inappropriate behavior is not controlled. A call for help may be necessary, if physical threats are made. Support groups may be useful in helping the person realize the consequences of inappropriate sexual behaviors. A comprehensive neuropsychological assessment is recommended. This may help both the survivor and the family to better understand neurological and cognitive deficits. In some cases, it may be easier for the family caregiver to recognize personality changes than to resolve the problem behavior. Targeted strategies may be used to deal with specific behavioral issues. Finally, it is critical that family members seek and receive support family, friends, support group, counselor in dealing with their own emotional responses to caring for a head injured loved one.

8: Stress Management Techniques | Simply Psychology

The first line of treatment for many knee and hip problems includes taking over-the-counter pain relievers. 6 signs that it may be time to have a joint replaced An ailing knee or a hip can make life miserable.

March 16, Published: With no "cure" in sight, they usually last a lifetime. You can live with a chronic condition day to day, responding to its sometimes swiftly changing symptoms and problems. Or you can take charge and manage the disease instead of letting it rule you. Here are 10 helpful strategies for coping with a chronic condition. Get a prescription for information. First direct your questions to your doctor or nurse. If you want to do more in-depth research, ask them about trusted sources of medical information on the Web. Make your doctor a partner in care. One way to do this is to listen to your body and track its changes. If you have hypertension, learn to check your blood pressure. If your heart has rhythm problems, check your pulse. For heart failure, weigh yourself every day and chart your symptoms. This kind of home monitoring lets you spot potentially harmful changes before they bloom into real trouble. Seek out the real experts. A nurse might be a better resource for helping you stop smoking or start exercising. In an ideal world, the specialists you see for your heart, your diabetes, and your arthritis would talk with each other every now and then about your medical care. A primary care physician can put the pieces together to make sure your treatments are good for the whole you. Make a healthy investment in yourself. Part of the treatment for almost any chronic condition involves lifestyle changes. You know the ones we mean – stopping smoking, losing weight, exercising more, and shifting to healthier eating habits. Investing the time and energy to make healthy changes usually pays handsome dividends, ranging from feeling better to living longer. Make it a family affair. The lifestyle changes you make to ease a chronic condition such as high cholesterol or heart disease are good for almost everyone. Instead of going it alone, invite family members or friends to join in. Remembering to take one pill a day is tough; managing 10 or more is daunting. Knowing about the drugs you take – why you take them, how best to take them, and what problems to watch out for – is as important as learning about your condition. Talking with your doctor, nurse, or a pharmacist can put drug information into perspective. Dark, dreary moods plague a third or more of people with chronic diseases. Depression can keep you from taking important medications, seeing your doctor when you need to, or pursuing healthy habits. Read up on the signs of depression. To get the real scoop, look for a support group in your area and talk with people who have been through what you are facing. Plan for end-of-life decisions. If the diagnosis of a chronic condition, or life with one, has you thinking about death, channel those thoughts to the kind of care you want at the end of your life.

9: Mental Health Wellness Week - Mental health wellness is a way of life!

The problems are events in our life, no one is denying that, but the extrapolation that we do freaks us out, and then we wonder why we feel so bad. It's a life-long habit most of us have cultivated, which means we can change it.

By Wayne Jackson This is a world cursed by sin Genesis 3. It is, therefore, a world of problems. We all have problems—some greater, some lesser. We have health problems, money problems, employment problems, and family problems. Some of our difficulties may not be our fault e. Many of our ailments, however, are self-induced. We have trouble on our jobs because we have not developed social skills. Sometimes our health infirmities are the result of not taking care of our bodies, e. Unfortunately, some of us do not deal with our problems realistically. Here are some of the reckless methods many employ in trying to eliminate their troubles. Denial Some who have serious problems simply deny that they exist. Before there can be any motivation to seek help, one must view himself honestly. The first step in resolving any problem is to acknowledge its existence. Escape There are those who attempt to run from their problems. Some, for example, constantly have difficulties at their place of employment. Rather than assessing the true cause, they simply move from job to job, never really remedying the situation. Rationalization Rationalization is when we justify our problems by assigning to them an explanation that makes us feel more comfortable. A person who constantly loses his temper may be inclined to say: We will never make any headway with our difficulties in life until we: May God help us to pursue the sort of happiness he wants us to enjoy. For a further consideration of this theme, see our book, *The Bible and Mental Health*.

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