

COPING SKILLS

Coping skills are the strategies that help in addressing challenges and managing stressful situations.

IMPORTANCE OF COPING SKILLS

Coping skills help in:

Enhancing psychological and physical well-being.

Regulating emotions.

Increasing resilience.

TYPES OF COPING SKILLS

There are two main types of coping skills:

Problem-based Coping is used by an individual when they make active efforts to manage stressful situations and modify or eliminate the sources of stress.

Emotion-based Coping is used when the individual makes efforts towards taking care of their emotions and diminishing the emotional consequences of stressful events.

COPING TECHNIQUES

