



Problem Solving

For problem you can change...

Problem focused coping

- Define the problem
- List all possible solutions
- Assess each possible solution
- Plan how to implement the solution
- Implement plan and review progress

For problems you can't change...

Emotion focused coping

- Positive reappraisal (eg “well at least I will learn something from this situation”)
 - Distraction
 - Planning pleasant activities
 - Social support
 - Relaxation
 - Journaling
- Positive self statements and affirmations (eg “I can get through this”)