



Coping with stress

Michael Harboe Kvistgaard

Consultant in special needs

Master of Positive Psychology

Bachelor of Social Education (specialized in health & sports)

Instructor at Atlass, Studio III & EarlyBird

What is coping?



- ▶ The thoughts and behaviors a person uses in terms of reducing stress
 - ▶ The emotional impact of stress
 - ▶ The circumstances that causes stress
- ▶ The better coping resources one has in relation to the stressful circumstances, the less stress one experience
 - ▶ Increased health

Degree of perceived control plays a vital role

Two kinds of coping



All people are able to use:

- ▶ **Problem-focused coping**

- ▶ A response aimed at reducing, adjusting or removing a source of stress
- ▶ Healthy in situations where one perceives a high degree of control

- ▶ **Emotion-focused coping**

- ▶ A response aimed at reducing the emotional impact of the stressor
- ▶ Healthy in situations where one perceives a low degree of control



The goal is to use

Adaptive coping

The ability to change coping strategy,
depending on how much control you perceive
in the situation

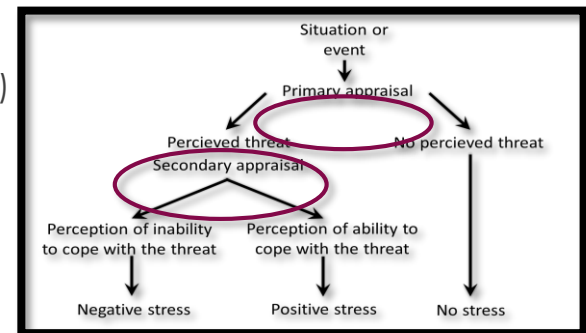
Positive Reappraisal

an emotion-focused coping strategy



- ▶ "(...) it can be particularly helpful to keep in mind from moment to moment that it is not so much the stressors in our lives but how we see them and what we do with them that determines how much we are at their mercy. If we can change the way we see, we can change the way we respond.

(Kabat-Zinn, 2005, p. 241)



Problem-focused coping

Adaptive coping

Emotion-focused coping