

AERCs TYPES OF COPING STRATEGIES FOR EVERYDAY LIFE



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WHAT ARE THE THREE TYPES OF COPING STRATEGIES?

Types of Coping Strategies

Coping strategies are methods people use to deal with stress and challenging situations. Understanding these strategies can help individuals manage their stress more effectively. Here, we'll explore three main types of coping strategies:

- Problem-focused
- Appraisal-focused
- Emotion-focused

Problem-Focused Coping



Problem-focused coping is aimed at reducing or eliminating the source of stress through direct action. This approach is proactive and involves taking steps to address the cause of the problem.

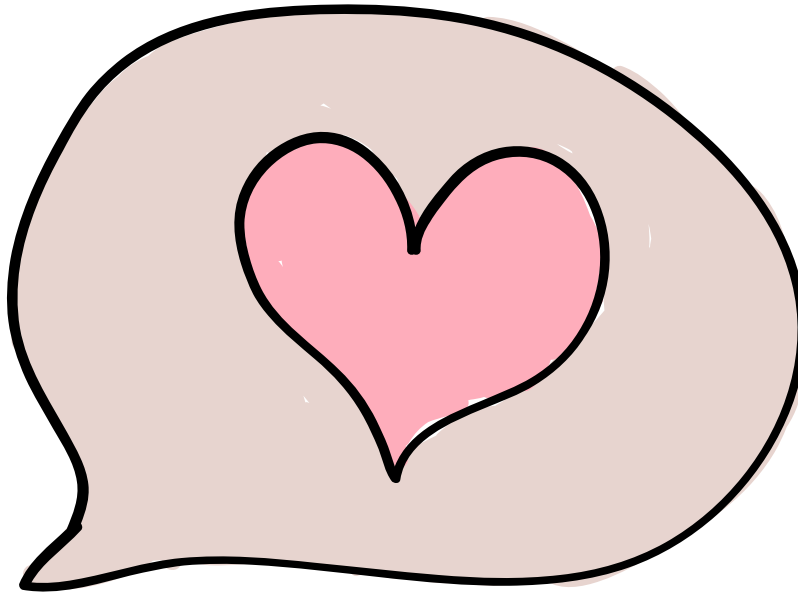
Techniques:

- **Taking Control:** Actively changing the situation to manage the stressor. This might include setting new goals, altering routines, or finding new solutions.
- **Information Seeking:** Gathering information to understand the problem better and find ways to address it. This can involve researching, consulting experts, or seeking advice from others.
- **Evaluating Pros and Cons:** Analyzing the benefits and drawbacks of different solutions to make an informed decision.

Practical Tips:

- Break down the problem into smaller, manageable parts and tackle them one by one.
- Create a detailed action plan with specific steps and deadlines.
- Use problem-solving techniques like brainstorming, SWOT analysis (Strengths, Weaknesses, Opportunities, Threats), and decision matrices.

Appraisal-Focused Coping



Appraisal-focused coping involves changing the way you think about a stressor. It is a cognitive approach that helps you alter your perception and interpretation of the situation.

Techniques:

- **Cognitive Restructuring:** Changing negative thought patterns and replacing them with more positive or realistic ones.
- **Humour:** Finding humour in the situation to reduce stress. Laughter can provide a different perspective and lighten the emotional load.
- **Goal Adjustment:** Reassessing and modifying personal goals and values to align better with the current situation.

Practical Tips:

- Practice mindfulness and meditation to become aware of and alter negative thought patterns.
- Keep a journal to track your thoughts and identify cognitive distortions.
- Use affirmations and positive self-talk to reinforce a more positive mindset.

Emotion-Focused Coping



Emotion-focused coping aims at managing the emotional response to stress rather than changing the stressor itself. This approach helps you deal with the feelings and emotions that arise from stressful situations.

Techniques:

- **Emotional Expression:** Releasing pent-up emotions through talking, crying, or creative activities like art or music.
- **Distraction:** Engaging in activities that divert attention away from the stressor, such as hobbies, exercise, or social activities.
- **Relaxation Techniques:** Using methods like deep breathing, progressive muscle relaxation, or guided imagery to calm the mind and body.

Practical Tips:

- Develop a regular practice of relaxation techniques like yoga or tai chi.
- Create a support network of friends, family, or support groups to share your feelings.
- Use stress management apps or tools that provide guided relaxation and mindfulness exercises.

Understanding and utilizing different coping strategies can significantly enhance your ability to manage stress and improve your overall well-being. Each type of coping strategy—problem-focused, appraisal-focused, and emotion-focused—offers unique approaches to dealing with stressors:

- **Problem-Focused Coping** empowers you to tackle the root causes of your stress, providing practical methods to change or eliminate the stressor itself.
- **Appraisal-Focused Coping** encourages you to reframe your perspective, helping you to view challenges in a more positive or manageable light.
- **Emotion-Focused Coping** supports you in managing the emotional impact of stress, offering techniques to release tension and foster emotional resilience.

By incorporating these strategies into your daily life, you can build a robust toolkit for handling stress. Whether you choose to confront issues head-on, shift your mindset, or soothe your emotions, each approach can play a vital role in maintaining your mental health and enhancing your quality of life.

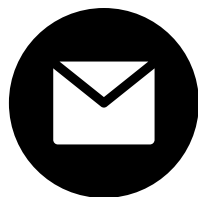
Remember, the key to effective stress management is flexibility. Different situations may call for different strategies, and it's important to find what works best for you. With practice and persistence, you can master these coping techniques and navigate life's challenges with greater ease and confidence.

SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



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AERCS - GLORIA SEGOVIA

Gloria Segovia, MSW, RSW, RP

In Person and Online

Gloria Segovia is a Dual-language (English and Spanish) Registered Psychotherapist and Registered Clinical Social Worker with over 15 years of experience. She is experienced in providing clinical social work and psychotherapy to children, youth, families, and couples. Gloria has worked in private practice as well as in the hospital sector, and supervises masters level social work students in their practicum through York University.



Gloria is an empathic and compassionate master's level social worker with over a decade of experience in supporting people through mental health and addiction challenges. She specializes in addiction and relapse prevention as well as couples counseling. Gloria is registered with the Ontario College of Social Workers and Social Service Workers and the College of Registered Psychotherapy of Ontario, both in excellent standing.

As a child therapist, Gloria's focus is to help children and families overcome challenges and promote emotional wellness. With extensive experience working with children of all ages, she has developed a strong passion for empowering children to become confident, resilient, and happy individuals.

Using evidence-based therapies and techniques, such as play therapy, cognitive-behavioral therapy, emotion focused therapy and trauma-informed care, Gloria works with children to address a wide range of emotional and behavioral concerns, including anxiety, depression, ADHD, ADD, OCD, trauma, and behavioral problems. She believes in a holistic approach that includes collaboration with parents and caregivers to help them better understand their child's needs and develop effective parenting strategies.

Gloria is committed to providing a safe and supportive environment for children to express themselves and explore their feelings. She believes in a strengths-based approach that emphasizes a child's unique strengths and abilities and strives to create a positive and uplifting atmosphere where children can build their self-esteem and self-confidence.

Through ongoing professional development, Gloria stays up to date with the latest research and best practices in the field of child therapy, and is dedicated to providing the highest quality of care to every child and family I work with.



Gloria Segovia with a client in the AERCS Orangeville office.

Belief in Strength-Based

Gloria believes that we all have the ability to grow and change. This leads her to pay attention to client strengths, in addition to their challenges. It is her belief that therapy cannot only help clients address concerns and symptoms, but also assist them in developing greater connection and meaning in their lives.

Safe Environment

Gloria's experience in various roles has given her the opportunity to work with individuals of diverse backgrounds. As such, it is important to recognize and respect the full range of our differences. In doing so and in Gloria's therapeutic practice, she remains committed to fostering a safe environment which promotes equality, inclusion and diversity. As a therapist, it is Gloria's aim to foster an environment where you feel safe to unpack your vulnerabilities and emotional burdens.

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