

## I. Psychological Coping Strategies

A \_\_\_\_\_ (or evaluation) is an interpretation of an event that helps determine its stress impact.

Asks: "How stressful will this event be to me."

### Defensive Coping Strategies

B. Two \_\_\_\_\_ coping strategies are \_\_\_\_\_ and \_\_\_\_\_.

Denial is when you decide that an \_\_\_\_\_ you experience is not really \_\_\_\_\_.

Intellectualization is a way of coping in which you size up a situation without getting \_\_\_\_\_ involved.

Problem: Both strategies may help can help prevent physical stress reactions to stress, but you are not really dealing with the problem.

### Active Coping Strategies

C. By viewing situations as a \_\_\_\_\_ rather than a \_\_\_\_\_ you can deal with stress actively rather than simply defend against it. \_\_\_\_\_ coping strategies involve changing the \_\_\_\_\_ or \_\_\_\_\_ to remove the stressor or reduce the stress you feel.

1. \_\_\_\_\_: refers to personality traits of control. These people feel they have the ability to affect the outcome of a situation. They try to achieve goals and solve problems instead of fearing them.
2. \_\_\_\_\_: if you are in a stressful situation you can remove yourself by leaving or by spacing out stressful events over time.
3. \_\_\_\_\_: heading the problem head-on may be the best way to cope. Viewing problems as challenges makes them appear positive. Problem solving means thinking through a situation in a way that leads to a reasonable decision.

*Example:* How could you handle a situation where a major exam is taking place on the same day as a large project is due in another class?

4. \_\_\_\_\_: Pessimists vs. Optimists—Martin Seligman found that optimists tend to outlive pessimists.
5. \_\_\_\_\_: (Dr. Edmund Jacobson) created a method of relaxation where a person lies down and tenses and relaxes major muscle groups of the body to relieve physical stress. He also had participants envision images and letting them go to relieve mental stress.
6. \_\_\_\_\_: use of machines to help train the user to better regulate and reduce stress in the body.
7. \_\_\_\_\_: keeping a sense of humor helps reduce stress as laughing helps reduce tension in the body. Humor allows people to also maintain a proper perspective on situations.
8. \_\_\_\_\_: physical activity is another constructive way to reduce stress and may help reduce stress hormones.
9. \_\_\_\_\_: a group beyond your personal network. Examples are groups like Alcoholics Anonymous, Weight Watchers, other professionals such as clergy, doctors, psychologists, etc.
10. \_\_\_\_\_: training is advanced preparation for a future possible stressful activity. For example, if you have never golfed you may want to play a round before entering a tournament with friends/coworkers.
11. \_\_\_\_\_: much stress that people experience comes from other people. Developing good interpersonal skills helps build confidence, self-esteem, helps develop a social network, and reduced the chance of conflict between people.