

WHAT IS EMOTION-FOCUSED COPING?

Emotion-focused coping refers to managing your emotional response to a situation instead of trying to fix the problem itself. For some, fixing the problem through a problem-focused strategy is not always enough..

EXAMPLES

Any solution that targets negative emotions such as stress, guilt, anxiety or depression is an emotion-focused coping skill.

- ★ Journaling to express and examine your emotions.
- ★ Practice mindfulness.
- ★ Go for a walk, or practice some yoga.
- ★ Talk with a friend about how you're feeling.
- ★ Try some deep breathing exercises.



WHY IT'S BENEFITIAL

Emotion-focused coping will help you to ★
regulate your emotional responses. ★

It will help you cultivate ★
a more positive outlook.t ★

Learning this coping technique will provide ★
you with stronger personal resources for ★
coping in the future.

IN PRACTICE

Any daily life events that cause negative emotions such as stress, anxiety, depression, or guilt.

This technique can teach you resilience and self-awareness.

Emotion-focused coping will help you to manage intangible stressors.

