

WHAT IS PROBLEM FOCUSED COPING?

Problem-focused coping (Lazarus & Folkman, 1980) refers to tackling the cause of stress directly — by identifying the problem, coming up with possible solutions, and choosing the best one to act on.

EXAMPLES

Any solution that helps remove or solve a problem that causes you stress is a problem focused coping skill.

- ★ Write a to-do List and prioritise tasks.
- ★ Ask for support from freinds and family.
- ★ Establish healthy boundaries.
- ★ Walk away from situations causing you stress.
- ★ Work on your time management skills.



WHY IT'S BENEFITIAL

- Reduces and resolves stressful situations ★
- Increases your productivity ★
- Develops resilience and encourages feelings of empowerment ★
- Offers an alternative to emotion-focused coping ★
- Motivates you to leave bad situations ★



IN PRACTICE

Stressful life events — like moving, divorce, weddings, funerals, or losing a job — are part of life.

Being able to handle them well is a valuable skill at work, showing you stay calm under pressure.

In your personal life, it's empowering to know you can face a problem and find a way through it, easing that heavy, overwhelming feeling stress can bring.

