Effective Coping

"Kaahae rae man chitveh udam jaa aahar har jee-o par-i-aa"

Meaning: Why O mind do you deliberate and scheme with such enterprising effort, when Waheguru (God) is busily engaged in your care. - Page 495

What is Coping?
We all react to stress or stressful situations differently. Your reaction and how you deal with the stressful situation is called coping. There are a number of common ways or strategies that people use when coping with extraordinary stress in their lives. These strategies, while effective at normal levels of stress, can stop working when stress reaches overwhelming levels. Thus, it is important to pay attention to how you have been coping and whether your coping style has been helpful in lowering your stress.

Positive or effective coping strategies are those that help to reduce anxiety, lessen other distressing reactions, and improve the situation. These types of coping actions improve things not only for today but for the future as well. It is important to remember that individuals have their own way of making sense of traumatic events, and each individual must listen to and respect their own way.

Suggestions for effective coping strategies include

• Exercise: set up a daily exercise routine as this will provide you with an overall sense of well-being
• Learn some relaxation techniques such as deep breathing, prayer, or meditation
• Use humor to bring some fun and relief to a situation
• Access your social support groups for companionship
• Do things that have typically made you feel good, relaxed, or happy in the past, such as a taking a hot bath or baking cookies
• Find ways to distract yourself and take your mind off of stressors: go see a movie, read a book, engage in a hobby
• Express yourself – in addition to talking with others, you can write or use art to get out emotions
• Use your religious or spiritual beliefs for solace and guidance

If you have any symptoms, questions or concerns, consult with your healthcare provider. If you have a psychiatric emergency, seek immediate/emergent care. This is not medical advice and does not replace care/assessment provided to you by your health care provider. This educational information may be reproduced or distributed without alteration or permission. © Sikh Healing Collective and Sikh Family Center www.SikhFamilyCenter.org 408-800-SEVA (7382)
"چگونه کارهای دوستی در میان جنگ‌های کوتاهی وجود دارد؟" 

نواحی - بهتر (علیه اعدام) نمی‌تواند دیدگان این موضوع را مطرح نماید، اما رایگان و دوستداری بودن چگونه می‌تواند یک صورت دیدگاری باشد؟ 

- پیام درد

اصول و قواعد در میان جنگ‌های کوتاهی

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- سایت

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