

# Four Categories of Coping

## Problem-Focused

(address the problem causing distress)

Conflict resolution

Seeking information  
(e.g., learning more about seizures or memory problems)

Problem solving  
(e.g., trying coping strategies to check which work)

Goal setting

## Emotion-Focused

(reduce difficult emotions associated w/ problem)

### Labeling emotions

Expressing emotions (e.g., sharing feelings with others or a journal)

Emotion-regulation skills  
(e.g., distress tolerance techniques)

Behaviors (e.g., pleasant activities, relaxation, exercise, self-care)

Positive Reframing

Humor

## Behavior-Focused

(use cognitive strategies/activities to reduce distress or increase pleasant thoughts/feelings)

Pleasurable activity (e.g., reading, cooking)

Exercise (e.g., walking, running)

Sports activities

Self-care (improve sleep quality, improve bedtime routine)

Changing the way we think about something

Watching TV

Journaling

## Social-Focused

(reduce stress by seeking emotional or support)

Speaking with friends and family members (seeking support)

Discuss symptoms with medical team

Engage in therapy

Build in time for socializing

Religious activities

# Identifying your coping strategies worksheet

## **Problem-Focused**

(address the problem causing distress)

## **Emotion-Focused**

(reduce difficult emotions associated w/ problem)

## **Behavior-Focused**

(use cognitive strategies/activities to reduce distress or increase pleasant thoughts/feelings)

## **Social-Focused**

(reduce stress by seeking emotional or support)