

SELF-CARE VS. COPING SKILLS: HOW ARE THEY DIFFERENT?

Self-Care

- *A preventative measure*
- *Acts attending to your emotional, mental, spiritual, & physical health*
- *Decrease extreme distress and burnout*
- *Can decrease the need for coping skills in the future*

Coping Skills

- *Used to get you through the tough times*
- *Activities or tactics you use when you're in a stressful situation*
- *Strategies you can use when you need to buy a bit more energy or time, like hitting the "pause button" when stressed*

More Than Coping

John Franklin Copper, Ta-ling Lee



More Than Coping:

The "BASIC Ph" Model of Coping and Resiliency Mooli Lahad, Miri Shacham, Ofra Ayalon, 2013 This book outlines the theory behind the BASIC Ph approach presents practice based and research based interventions and explains their application during and in the wake of both natural and man made disasters This book shows how the BASIC Ph model can be successfully applied in family community education health and business settings *Coping with a Bad Global Image* John Franklin Copper, Ta-ling Lee, 1997 This book assesses the human rights condition in the People's Republic of China during 1993-94 focusing on how abuses have engendered difficulties for Beijing in international relations It considers changes in the political and legal systems and Communist ideology more correctly its demise in its appraisal These the authors contend are causative factors of human rights abuses and need to be understood to put the human rights situation in its proper perspective Such matters as crime forced labor and executions are examined in detail to delineate the worst kinds of human rights abuses as well as current trends Dissidents religious advocates and intellectuals are also a focus of attention Copublished with the East Asia Research Institute Adolescent Coping Erica Frydenberg, 1997 Adolescence is a time when coping is very important when many new experiences and responsibilities are thrust upon individuals Young people need to cope in a variety of settings including school home peer groups and the workplace and with a range of life problems such as divorce and examinations Frydenberg provides a clear account of current research and thinking on coping illustrated by the voices of young people throughout the book Adolescent Coping focuses on how young people manage a range of life problems and on the coping styles of particular groups such as the gifted and those with illness The author addresses the relationships between coping and age gender and ethnicity and between family functioning and coping She also considers the measurements of coping how we learn to cope and such areas as social support and depression Coping with Chronic Illness and Disability Erin Martz, Hanoeh Livneh, 2007-09-23 This book synthesizes the expanding literature on coping styles and strategies by analyzing how individuals with CID face challenges find and use their strengths and alter their environment to fit their life changing realities The book includes up to date information on coping with high profile conditions such as cancer heart disease diabetes arthritis spinal cord injuries and traumatic brain injury in depth coverage of HIV AIDS chronic pain and severe mental illness and more *Sourcebook of Social Support and Personality* Gregory R. Pierce, 1997-07-31 The Sourcebook gives special attention to the complexity of the social support construct expanding the field's theoretical base by reappraising social support research in the context of findings from other fields of psychology related disciplines *Handbook of Families and Health* D. Russell Crane, Elaine S. Marshall, 2005-06-22 For scholars graduates and practitioners in the field of families and health an overview of research related to couple marital and family influences on health Editors Crane and Marshall Brigham Young U gathered contributions from specialists in disciplines including family studies marriage and family therapy nursing and family medicine *The Emerald Review of Industrial and Organizational*

Psychology Robert L. Dipboye, 2018-09-07 This book provides a comprehensive review of the theory research and applications in Industrial and Organizational I O Psychology Analyzing three primary objectives of I O psychology improving the effectiveness of employees and organizations enhancing employee well being and gaining an understanding of human behavior in organizations **The Nature of Adolescence** John Christopher Coleman, Leo B. Hendry, 1999 Coleman and Hendry s bestselling text has now been completely revised and updated to take account of the many changes that have occurred over the last decade The book has now been reformatted into textbook style Encyclopedia of Health Psychology

Alan J. Christensen, René Martin, Joshua Morrison Smyth, 2014-01-16 The Encyclopedia of Health Psychology provides a comprehensive overview of this rapidly growing field With over 200 entries from the leading researchers educators and practitioners in health psychology The Encyclopedia of Health Psychology provides the most current extensive and accessible single volume treatment of the subject available Teachers practitioners school nurses healthcare providers students as well as expert and non expert readers will appreciate its organization and clarity Readers interested in the psychology of health issues throughout the lifespan will find its entries engaging and instructive whether they deal with chronic conditions mind body connections or the consequences of increased life expectancy The Encyclopedia of Health Psychology will serve as a useful reference for practitioners as a topical primer for students as a comprehensive guide for the expert and as an accessible introduction for the lay reader Gender in Psycho-Oncology PhD Youngmee Kim, LCSW Matthew J.

Loscalzo, 2018-03-30 Gender in Psycho Oncology is the first book of its kind to provide comprehensive views on the role of gender in the adjustment of the individual and the patient caregiver pair when dealing with cancer The text explores the significant role of gender in diverse pairings of genders between the patient and the caregiver It also highlights the importance of age generation and socio cultural characteristics the illness trajectory and lifespan trajectory of the individual and the patient caregiver pair and an ongoing sociocultural movement that is changing social role expectations based on gender

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