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graph LR; A((WAYS OF ADJUSTMENT IN PSYCHOLOGY)) --- B(1 SOCIAL SUPPORT); A --- C(2 MINDFULNESS); A --- D(3 PROBLEM -SOLVING); A --- E(4 SELF - CARE); A --- F(5 COGNITIVE RECONSTRUCTION);
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**WAYS OF
ADJUSTMENT
IN
PSYCHOLOGY**

1

SOCIAL SUPPORT

2

MINDFULNESS

3

PROBLEM -SOLVING

4

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