

EMOTION-FOCUSED COPING

Emotion-focused coping refers to strategies to manage stress that involve emotional regulation. It is juxtaposed to the problem-focused approach.

DEFINITION

Lazarus and Folkman (1984) make a distinction between problem-focused and emotion-focused coping:

"a distinction that we believe is of overriding importance, namely, between coping that is directed at managing or altering the problem causing the distress and coping that is directed at regulating emotional response to the problem" (p. 150).

EXAMPLES

Journaling: Writing about stressful events is a way of releasing negative energy. Describing what happened can increase perceptions of control and help regulate emotions.

Selective Attention: After a difficult day at work, focusing on the positive things that happened can reduce the anxiety of the negative events that occurred that day.

Emotion And Focus

CH Cherryholmes



Emotion And Focus:

Decoding **Emotion And Focus**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Emotion And Focus**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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