



TYPES OF COPING

Responding effectively to stress is one of the most challenging experiences for nurses. Learning how to consciously apply coping mechanisms is the key. Otherwise, you may find yourself simply reacting to, and thus vulnerable to, the pressures of nursing work.

PROBLEM-FOCUSED COPING

The stressor is faced with an aim of resolving it, through:

- Information seeking
- Assistance to manage
- Removing oneself



EMOTIONAL-FOCUSED COPING

Rather than manage the situation, the aim is to moderate the emotional reaction by:

- Meditation
- Talking to confidante
- Journaling
- Positive self-talk
- Reframing
- Recognizing cognitive distortions



MALADAPTIVE COPING

Rather than manage the situation or the emotion, the aim is to avoid the stressor, and acts may be unconscious such as:

- Rumination, reliving
- Numbness and dissociation
- Displacement
- Avoidance and disengagement

