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Actively taking steps to cope with the chronic stress of multiple sclerosis (MS) — from keeping a sense of humor to seeking emotional and tangible support — can help to improve patients' quality of ...

Actively 'Coping' With Daily Stress of MS Tied to Better Life Quality

Whether it's the supervisor who (literally) breathes down their neck or the guy in the next cubicle who makes those loud, icky chewing noises, navigating difficult relationships can be the most ...

Anxious About Returning To The Office? 3 Steps For Coping With Difficult Colleagues

Police officers in High Point are getting help from a former cop trained to help law enforcement officers care for their own mental health after responding to emotionally difficult calls for service.

High Point officers get help from former police investigator for their own mental health well-being

As we move through life, we'll all experience grief: the death of a loved one, the end of a relationship, and missed opportunities. Even that bittersweet feeling that accompanies positive transitional ...

Dealing With Grief: 7 Coping Strategies, According to Experts

There has been a lot of talk about post-traumatic stress disorder — an anxiety problem that develops in some people after extremely traumatic events, such as combat, crime, ...

Post-Traumatic Stress Disorder common among emergency responders

The hiring push comes as the auto industry responds to robust demand for vehicles, while coping with a shortage of computer chips that has disrupted manufacturing. Automakers have adjusted their ...

Automakers cope with chip shortage amid strong demand for vehicles

Astronaut crews living and working in space experience as a matter of course what many of us experienced unexpectedly during the coronavirus pandemic.

Preparing for re-entry into the physical workplace: Lessons from NASA

Incumbent Joe Deets is being challenged in the Aug. 3 primary election by three opponents for the North Ward position on the Bainbridge Island City Council.

3 challenge incumbent Deets for BI council seat

Mary Beth Perrone uses her background in yoga and meditation to guide children through the pandemic and other stressors through mindfulness practices.

St. Augustine wellness expert pens book teaching kids to tap into 'superpowers' for stress

A shift in the work platform doesn't need to mean a change in organizational culture It simply means to make modifications to the already existing culture whilst keeping it intact believes Sourabh Deo ...

Article: It's high time for companies to be more employee-centric than ever: Sourabh Deorah, Advantage Club

It's difficult enough when a loved one is diagnosed with cancer, but employed spouses of those who receive the diagnosis also are confronted with an array of practical problems. It's now up to them to ...

Reducing the impacts of stress on working cancer caregivers

An overdose awareness event aimed at supporting recovery and remembering loved ones will be held Saturday at the Owl Creek Reservoir in Tamaqua.

Awareness event set for Saturday; overdose numbers rise in Schuylkill County

For the entire month of July, Bentley Community Services of South Brunswick has been selected to receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet with the red circle sticker sold at Stop ...

Community Bulletin Board: the North and South Brunswick Sentinel (for July 14)

Bradley received a nearly \$4 million grant from the National Cancer Institute to study ways to lessen the impacts of stress specifically on cancer caregivers who are also employed.

Helping working cancer caregivers manage stress

The latest real estate statistics show sales prices up 20 percent over last year while the inventory is down ... "Whether they're moving for a job or to be a part of the university system, whatever it ...

Homes selling for 20% more now than a year ago: A look inside the Triangle's hot housing market

California data show the scope of the problem. But for individuals who quit, Susan Zhao says, their hearts may recover.

Hospital Stays for Meth-Related HF Skyrocket, as Do Costs

From Jordan rookie cards to mint Ohtanis, the pandemic fueled a surge in sports-card prices -- and sent a 22-year-old man on a trek across L.A. for another great find.

On the hunt for his next sports-card score

Instead, it's time for a radical mindset shift when it comes to coping with work-related ... they were designed to function. And stress due to your job or life situations causes cells to ...

Three Coping Methods To Ease Work-Related Stress And Restore Energy

Fortunately, there are effective strategies for coping with stress related to work ... For example, instead of anticipating you won't have anything interesting to say during a job interview, imagine ...

8 Tips for Coping With Work-Related Anxiety

It's never been more important to make sure we're coping with the stress. Study: 41% of Sacramento workers plan to look for new job in coming months Dr. Greg Hammer, a physician and Stanford ...

Measures coping styles in individuals.

Measures coping styles in individuals.

"...how a man rallies to life's challenges and weathers its storms tells everything of who he is and all that he is likely to become." —St. Augustine It has long been understood that how a person adjusts to life stresses is a major component of his or her ability to lead a fulfilling life. Yet it wasn't until the 1960s that coping became a discrete topic of psychological inquiry. Since then, coping has risen to a position of prominence in the modern psychological discourse—especially within the personality, cognitive, and behavioral spheres—and, within the past decade alone, many important discoveries have been made about its mechanisms and functioning, and its role in ongoing psychological and physical health and well-being. A book whose time has come at last, the Handbook of Coping is the first professional reference devoted exclusively to the psychology of coping. Reporting the observations and insights of nearly sixty leading authorities in stress and coping from a wide range of affiliations and schools of thought, it brings readers the state of the art in coping theory, research, assessment, and applications. In orchestrating the book, the editors have scrupulously avoided imposing any particular slant or point of view, other than the need to foster greater eclecticism and cooperation between researchers and clinicians concerned with the phenomenon of coping. The Handbook of Coping is divided into five overlapping parts, the first of which serves to lay the conceptual foundations of all that follows. It traces the history of coping from its origins in psychoanalytic theories of unconscious defense mechanisms, and provides an exhaustive review of the latest conceptualizations, models, and constructs. The following section provides an in-depth exploration of current research methodology, measurement, and assessment tools. Part Three explores key facets of coping in a broad range of specific domains, including everyday hassles, chronic disease, cataclysmic events, and many others. The penultimate section focuses on individual differences. Among important topics covered here are coping styles and dispositions; the role of family, social support, and education; and coping behaviors across the life span. The final section, Part Five, is devoted to current applications. Clinical parameters are defined and a number of specific interventions are described, as are proven techniques for helping clients to improve their coping skills. A comprehensive guide to contemporary coping theory, research, and applications, the Handbook of Coping is an indispensable resource for practitioners, researchers, students, and educators in psychology, the health sciences, and epidemiology. Of related interest ... EGO DEFENSES: Theory and Measurement —Edited by Hope R. Conte and Robert Plutchik This book explores the nature and manifestations of defense mechanisms and traces ego defense theory and research from Freud's initial conceptualization through recent work in object-relations theory and other psychoanalytically oriented approaches. It provides clinical guidelines for diagnosing, assessing, and dealing with defenses, reviews empirical research techniques, and indicates their value in development and in psychotherapy. This volume should be of value to theoreticians, clinicians, and researchers interested in finding appropriate tools for measurement of defense mechanisms. 1994 SOCIAL SUPPORT: An Interactional View —Edited by Barbara R. Sarason, Irwin G. Sarason, and Gregory R. Pierce The study of social support and its relationship to personality, health, and adjustment is one of the fastest growing areas of research and application in psychology. This book contains integrative surveys of clinical and field studies, experimental investigations, and life-span explorations. It approaches social support as an important facet of interpersonal relationships and shows its undesirability, as well as its positive, features. 1990 (0-471-60624-3) 528 pp.

Measures coping styles in adults.

De CISS meet hoe mensen in het algemeen met stresserende situaties omgaan en brengt een overzichtelijk aantal copingstrategieën in kaart. De vragenlijst bestaat uit 48 items verdeeld over drie schalen: Taakgerichte coping (T), Emotiegerichte coping (E) en Vermijdingsgerichte coping (V). De schaal Vermijdingsgerichte coping bestaat uit twee subschalen: Aflleiding zoeken (AZ) en Gezelschap zoeken (GZ). De items zijn te beantwoorden op een vijfpuntsschaal, lopend van 'helemaal niet' tot 'heel erg sterk'. De vragenlijst kan zowel individueel als groepsgewijs worden afgenomen en geschiedt volgens de pen-en-papiermethode. De afnameduur bedraagt ongeveer 10 minuten. Map bevat: handleiding en vragen/scoreformulier.

"Dale Johnson brings a rare and unique assortment of skills to this enterprise. . . . he has personally been immersed in the world of severe mental illness for many years"and adds a compendium of appropriate tools for the research community." --Harriet P. Lefley, PhD University of Miami School of Medicine (From the Foreword) This book discusses the rationale for the selection of psychosocial measures used to assess adults with serious mental illnesses. The chapters examine the use and efficiency of various measurement tools that intend to evaluate diagnostic and functional specificity, life stressors, supportive resources, quality of life, and more. The text also analyzes external factors that are vital to clients' clinical progress and continuing community tenure, such as continuity of care, housing resources, and family measures. Key Features: Presents the purpose of each measurement tool, the description, psychometric properties, reliability, validity, and usage guidelines in template format Includes measurement tools for functional assessment, community living, social problem solving and coping, agency performance evaluation, and more Contains research on treatment adherence, consumer satisfaction with mental health services, and feelings of empowerment Evaluates the functioning and productivity of treatment and rehabilitation centers This is the ideal tool for clinicians, psychiatrists, rehabilitation professionals, and other mental health professionals working with the mentally ill in hospital or community health settings.

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