

# Problem-Focused vs. Emotional-Focus



*When you are feeling troubled the first thing to do is ask yourself*

*"Do I need to Change my situation OR Do I need to find a better way to cope with the situation?"*

**There are two types of coping: Problem-Based coping and Emotional-Based coping**

## Problem-Based Coping

- These skills are helpful when you need to change your situation. (ex. Removing the stressful situation from your life. Talking to your teacher about how you can improve your grade.)

Some ideas for healthy problem-base coping

- Change your behavior
- Create a plan
- Ask for support from a trusted person
- Create a To-Do list
- Establish healthy boundaries
- Walk-away (leave the area that is causing the stress)
- Time management

## Emotional-Based

- These skills help you when you need to take care of your feelings when you don't want to change your situation or when the circumstance is out of your control.
- Some ideas for healthy Emotional-based coping:

- color a picture/doodle
- Cook or bake
- Yoga
- Go for walk
- garden
- exercise
- Listen to music
- play with a pet or children



It is important to develop your own tool-kit that has many ways to cope. It is important to find what works best for you. Having both problem-focused coping skills and Emotional-focused coping skill can help in many different situations the key is to know which one you may need.

<https://www.verywellmind.com/forty-healthy-coping-skills-4586742>

