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Professor Costa

Psychology 202

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Coping Strategies

Reliability of a system is defined by the repeatability of that system. We learned on pager 382 that psychologist try to prove the reliability of the tests that they devise by repeating the test or by dividing the test and evaluating the outcomes. This tells me that if two different institutions tested my current intelligence markers they are likely to provide the same test results. They would reliably measure my computational prowess, my language skills, my spatial ability, or any other factor that they are prepared to measure.

problem focused coping, emotion-focused coping, optimism, social support, exercise, meditation, confiding in others.

Works Cited

Myers, David G. *Psychology.* 10th ed. New York: Worth Publishers, 2011. Print.

Hi Delora,

I totally agree with you about exercising. It is sometimes counter intuitive. There are times that after a long day I just want the day to be done. It feels like adding the task of exercising could be another source of stress but all of this melts away when the sweat starts flowing. I find myself able to put away the stress of the day and instead of being all worn-out able to put in a couple hours of school work after a heart pumping 30 minute activity.

Casey

Hi Hareem,

Do you use any of these methods in your life? Do any of these help you deal with stress?

Casey

Hi Caroline,

My wife speaks very highly of yoga too. She has been trying to get me to go for a long time. I do not doubt that the stretching exercises are beneficial and relaxing but I have to admit that I have never been able to take anything that starts with “find your center” or “find your happy place” seriously. This is not to say that I do not believe in meditation. There are times that a bit of music takes me to a different world. However, it always happens randomly. I envy people that can activate this on demand.

Casey