**Coping**

Intervention on the Response Level

Deep Breathing, PMR, Hypnosis, Mediation

Reducing Stressors

Perspective Square—do you have control? Are they important?

Clarify what matters. Some of it doesn’t

Emotional Coping/Control for things you can’t control

AAAbc

* Avoid
* Alter
* Accept

Increasing Solutions

Using social support

Time management

Creative Brainstorming

* Identify Problem
* Brainstorm all possible ideas
* List 3 extras (that are crazy)
* Find the useful nugget
* Re-storm
* This helps identify what the real problem is

Event Interventions

Optimism/pessimism

* True pessimism
* Defensive pessimism

Seligman’s Recommendations for increasing optimism

* Pay attention to how you explain events to yourself
* Change your explanations for negative events to be fleeting, specific, impersonal
* Think accurately about real problems
* Dispute your pessimistic beliefs

Social Support

* Immune system
* Depression
* Survival

Changes/differences in social support

* Males have work/drinking friends
* Females have closer friends
* After age 60 married>single, single w/pet>w/o pet
* College is the best time to make that social support

Disorder—any pattern of behaviour that causes people significant distress, causes them to harm others or harms the ability to function in daily life