Stress, coping, and resiliency in children and families

L. Erlbaum Associates - Resilience

Table 1. Coping Strategies and Types of Responses	
Coping Strategies:	**Type of Responses:**
Problem Solving or Active Strategies	• Work on solving the problem in the situation • Make a plan for action and follow up
Emotional Expression and Emotional Regulation Strategies	• Let emotion out; get in touch with feelings and let them out • Let someone know about my feelings • Keep emotions under control by performing appeasing activities • Cognitive restructuring; reorganizing the way I look at the situation
Seeking Understanding Strategies	• Try to understand or find meaning of the situation; looking for learning
Help-seeking Strategies and Support-seeking Strategies	• Seeking instrumental aid or advice from others • Seeking comfort or understanding from others
Problem Avoidance Strategies and Distraction Strategies	• Acting like nothing had happened • Avoid thinking or doing anything about the problem • Leaving the scenario and staying away from the stressful situation • Efforts to avoid thinking about the problem situation by using distractions or entertainment activities

Description: -

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Stress (Psychology)
Family -- Psychological aspectsStress, coping, and resiliency in children and families

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The Princeton history of New Jersey series
Advances in family research.
Family Research Consortium. Advances in family researchStress, coping, and resiliency in children and families
Notes: Includes bibliographical references and indexes.
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Tags: #Family #Stress, #Coping, #and #Resilience: #Challenges #and #Experiences #of #Modern #Families #/ #Edition #1 #by #Gregory #Harris, #Kristen #Greene, #Fiorella #L. #Carlos #Chavez

Family Stress, Coping, and Resilience: Challenges and Experiences of Modern Families

Seltzer MM, Greenberg JS, Floyd FJ, Pettee Y, Hong J. When children with ID or the behaviour problems they exhibit are conceptualised as stressors, the inclination to interpret parental distress and family dysfunction as stress reactions or negative impacts may be irresistible, yet the vast majority of studies in the field are correlational, and plausible alternative explanations have not been ruled out. Journal of Intellectual Disability Research, 50 12 , 970—976.

Stress, Coping, and Resiliency in Children and Families

Gradual exposure to stress — at manageable levels — can actually help them develop coping strategies to become resilient. New York: Springer International Publishing; 2014.

Stress, Coping, and Resiliency in Children and Families

Resilience definitions, theory and challenges: Interdisciplinary perspectives.

Resilience

Washington: American Psychological Association; 2007.

Resilience

So parents can treat ordinary changes or difficulties as opportunities to instill these skills. An illustration of the centrality of family processes in buffering against risk in the context of COVID-19, as well as promoting resilience through shared family beliefs and close relationships, is provided.

Family Stress, Coping, and Resilience: Challenges and Experiences of Modern Families / Edition 1 by Gregory Harris, Kristen Greene, Fiorella L. Carlos Chavez

Given the challenges and hardships faced by families of children with ID, those who fare well, in whatever way this is operationally defined, might be described as resilient.

Military Family

Resilience in family members of persons with autism spectrum disorder: A review of the literature. The study of family adaptation to caring for a child with ID further suggests that parents may benefit from interventions such as behavioural parent training and cognitive behaviour therapy, which can equip them with effective coping strategies, including skills in positive reappraisal and solution-finding. Such an orientation may help researchers and policymakers avoid the pitfalls of a research approach that builds on the dubious assumption that having a child with ID is a threat.

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