



Research Paper

## Study of Healthy Coping Skills for Uncomfortable Emotions: What to Do and What Not To Do

Dr. Amar Prakash

Associate Professor

Department of Psychology

S. R. K.(P.G) College, Firozabad

---

**ABSTRACT-** In today's world everyone is going through some kind of stress in his/her life. Some psychologists try to mapping the actual problems and the solutions for these everyday problem. Here the author took the topic of uncomfortable emotions that exists in everyone's life. The author tried to make understand the basic types of coping with the subtopics related to healthy emotion focused coping skills and optimal problem focused coping techniques. This paper helps in reviewing the problems and also give some beneficial suggestions. The content is totally based on the reviewing of pre-existing data from research articles and the suggestions are based on author's psychology.

**KEYWORDS-** Psychology, coping skills, coping techniques, emotions, optimal problem etc.

---

### I. INTRODUCTION

There are many different emotions that affect human behaviour. While some of them are pleasant and comforting, there are also other kinds of feelings. Coping is the term used to describe conscious or unconscious methods of reducing unpleasant feeling. Healthy coping mechanisms can shield you from stress and enable you to address issues before they worsen. You can choose coping mechanisms that are more appropriate for various types of stress by being aware of the two basic categories of coping skills. Problem-based coping and emotion-based coping are the two basic categories of coping mechanisms. The optimal coping method can be chosen by being aware of their differences.

- Problem-based coping is useful when you need to alter your circumstances, such by getting rid of something stressful. For instance, terminating an unhappy relationship could be the greatest way to deal with your worry and despair (as opposed to soothing your emotions).
- Emotion-based coping might be useful when you need to deal with your emotions but don't want to change your circumstances or when they are beyond your control. For instance, it would be crucial to handle your emotions in a healthy way if you were grieving the loss of a loved one (since you couldn't change the situation).

### II. THEORY

Typically, coping mechanisms are described as a defensive tactic: You behave out of desperation. However, research indicates that using preemptive coping mechanisms can be a useful strategy to deal with the challenges you're likely to encounter in the future.

For instance, proactive coping techniques could assist you in maintaining your weight after your weight loss programme has concluded if you have worked hard to reduce weight. To assist you manage, you may prepare in advance for situations that can hinder you, such as the Christmas season or dinner invitations from friends. Additionally, you might make a strategy for how you'll deal with feelings like boredom or loneliness that previously made you reach for a food.

People can utilise proactive coping to help them deal with unforeseen life changes, such a significant change in their health. According to a 2014 study, persons who used proactive coping techniques were better equipped to handle the changes they experienced after having a stroke.

Participants who made preparations in advance and established reasonable goals reported feeling better psychologically.

### **III. VARIOUS COPING SKILLS**

#### **1. Healthy Emotion-Focused Coping Skills**

Emotion-focused coping techniques can assist you in managing your feelings in a healthy way, regardless of how you're feeling—lonely, anxious, sad, or furious. Healthy coping mechanisms can help you feel better, temporarily divert your attention, or tolerate your distress. Occasionally, it can be beneficial to confront your emotions. For instance, grieving after a loved one passes away might help you respect your loss. Therefore, while it would be useful to utilise coping mechanisms to lessen part of your suffering, these techniques shouldn't be used as a means of permanent denial. Sometimes using coping mechanisms can help you alter your mood. Playing with your kids or watching a hilarious movie can help you feel better if you've had a difficult day at work. Alternatively, if you are upset about something someone said, using a healthy coping technique may enable you to control your temper before you say something you might later regret. Here are some illustrations of constructive emotion-focused coping techniques:

- Take care of yourself by putting on scented lotion, going for a walk in the woods, taking a bath, sipping tea, or taking care of your body in a way that makes you feel good, like fixing your hair, painting your nails, or using a face mask.
- Pursue a hobby: Take up anything you want to do, like painting, colouring, or listening to music.
- Exercise: Practice yoga, take a stroll, go on a hike, or play a recreational activity.
- Concentrate on a task, such as cleaning the house (or a specific room, cupboard, or area), cooking, gardening, or reading.
- Embrace mindfulness: Make a list of your blessings, meditate, visualise your "happy place," or look at images to help you remember the people, places, and things that make you happy.
- Practice breathing exercises, squeeze a stress ball, use a relaxation app, inhale some aromatherapy, try progressive muscle relaxation, play with a pet, or write in a notebook as relaxation techniques.

#### **2. Optimal Problem-Focused Coping Techniques**

You may choose to confront a problem head-on and get rid of the cause of your stress in a number of different ways. In some circumstances, that can entail altering your conduct or coming up with a strategy that clarifies your intended course of action. Problem-focused coping may include more dramatic measures in other circumstances, such as quitting a relationship or moving employment. Here are some illustrations of constructive problem-solving techniques:

- Consult a friend or a qualified individual for assistance.
- Write down your to-do list.
- Work on solving problems.
- Create sound boundaries.
- Get out of a stressful environment and walk away.
- Improve your time management.

#### **Suggestions To Avoid Unhealthy Coping Based on Previous Studies**

It doesn't necessarily make a strategy healthy just because it helps you deal with emotional discomfort. Some coping mechanisms could make your life's issues worse. Here are some instances of poor coping mechanisms:

- Using drugs or alcohol: While drugs and alcohol may momentarily dull your agony, they cannot fix your problems. You're likely to have new issues as a result of using substances. For instance, alcohol is a depressant that can worsen your symptoms. Utilizing drugs or alcohol to cope increases your risk of having a substance use disorder and can lead to social, legal, financial, and health issues.
- Overeating: Many people use food as a coping mechanism. However, using food to "stuff your feelings" might result in a negative connection with food and health problems. Sometimes people take things too far and restrict their diets (since it gives them a sense of control), which is obviously harmful.
- Napping excessively: Whether you sleep in late to avoid waking up in the morning or take a nap when you're stressed out, sleeping provides a momentary escape from your concerns. However, the issue will still exist when you awaken.
- Overspending: Despite the fact that many claim that retail therapy helps them feel better, shopping can have harmful consequences. Too many possessions might make life more stressful. Additionally, buying more than you can afford can only have a negative outcome and add to your stress.
- Avoiding: When used to avoid an issue, even "good" coping mechanisms can become harmful. For instance, if you are worried about your financial condition, you could be tempted to watch TV or hang out with your friends because those activities produce less anxiety than making a budget. Your coping mechanisms will simply serve to cover up the issue if you never address your money problems.

#### **IV. Discussion And Results**

The coping mechanisms that someone else uses may not be effective for you. You can discover that particular coping mechanisms work best for particular problems or feelings. For instance, taking up a pastime might be a good way to relax after a long day at the office. However, when you're feeling down, going for a walk in nature might be the best course of action. There is always space for improvement when it comes to coping mechanisms. So evaluate what other resources and tools you can use and think about future ways you may continue to improve your skills. Speaking with a mental health professional can be beneficial if you are having trouble using good coping mechanisms or discover that you are depending on unhealthy ones instead. With the help of a therapist, you can learn new techniques that will benefit your mental health for years to come.

#### **V. Summary and Conclusions**

Healthy coping mechanisms should reduce stress without sidestepping the problem, whether they are emotion- or problem-focused. The best coping mechanism frequently depends on the circumstance and your unique demands at the time. People have been observed to cope more successfully with both known life changes, such as a drop in income after retirement, and unpredictable life changes, such as the beginning of a chronic illness. It's critical to create your own set of practical coping mechanisms. To find the ones that work best for you, you might need to try out a range of coping mechanisms.

#### **REFERENCES**

- [1]. Remen RN. *Kitchen Table Wisdom: Stories That Heal*. New York: Riverhead Books; 1997.
- [2]. Frankl VE. *Man's Search for Meaning*. New York: Simon and Schuster; 1984.
- [3]. Foglio JP, Brody H. Religion, faith, and family medicine. *J Fam Pract*. 1988;27:473–474.
- [4]. VandeCreek L, Nye C. Trying to live forever: correlates to the belief in life after death. *Journal of Pastoral Care*. 1994;48(3)
- [5]. Erikson E. *Childhood in Society*. New York: Norton; 1950.
- [6]. Derrickson BS. The spiritual work of the dying: a framework and case studies. *Hosp J*. 1996;11:11–30.
- [7]. Moberg D. Spiritual well-being of the dying. In: Lesnoff-Caravaglia G, editor. *Aging and the Human Condition*. New York: Human Science Press; 1982.
- [8]. Leighton S. When mortality calls, don't hang up. *Spiritual Life*. 1996;22(3):150–157.
- [9]. Strawbridge WJ, Cohen RD, Shema SJ, Kaplan GA. Frequent attendance at religious services and mortality over 28 years. *Am J Public Health*. 1997;87:957–961.
- [10]. Koenig HG, Cohen HJ, George LK, Hays JC, Larson DB, Blazer DG. Attendance at religious services, interleukin-6, and other biological parameters of immune function in older adults. *Int J Psychiatry Med*. 1997;27:233–250.
- [11]. Yates JW, Chalmer BJ, St James P, Follansbee M, McKegney FP. Religion in patients with advanced cancer. *Med Pediatr Oncol*. 1981;9:121–128.
- [12]. Cohen SR, Mount BM, Strobel MG, Bui F. The McGill Quality of Life Questionnaire: a measure of quality of life appropriate for people with advanced disease. A preliminary study of validity and acceptability. *Palliat Med*. 1995;9:207–219.
- [13]. Brady MJ, Peterman AH, Fitchett G, Mo M, Cella D. A case for including spirituality in quality of life measurement in oncology. *Psychooncology*. 1999;8:417–428.
- [14]. McNeill JA, Sherwood GD, Starck PL, Thompson CJ. Assessing clinical outcomes: patient satisfaction with pain management. *J Pain Symptom Manage*. 1998;16:29–40.