

# Stratégies de coping pour mieux gérer le stress et les émotions

## Coping centré sur le problème



- **Planification et résolution de problèmes** : développer un plan d'action pour résoudre la situation stressante.
- **Recherche de soutien pratique** : demander de l'aide pratique à des amis, de la famille ou à des professionnels.
- **Gestion du temps** : organiser son emploi du temps pour mieux gérer les responsabilités et les tâches.

## Coping centré sur l'émotion



- **Réévaluation positive** : rechercher des aspects positifs de la situation stressante.
- **Acceptation** : reconnaître et accepter la réalité de la situation sans jugement.
- **Pratiques de relaxation** : méditation, yoga, respiration profonde, etc.
- **Tenue d'un journal** : écrire ses pensées et ses émotions pour les comprendre.

## Coping centré sur le sens

(que l'on donne aux événements)



- **Recherche de soutien émotionnel** : parler à des proches pour exprimer ses sentiments et recevoir du réconfort.
- **Expression créative** : utiliser l'art, la musique, l'écriture ou d'autres formes de créativité pour exprimer ses émotions.
- **Spiritualité ou pratique religieuse** : participer à des activités spirituelles pour trouver du sens et du soutien.

## Coping d'évitement (lorsqu'il est sain)



- **Prendre du recul temporaire** : faire une pause pour se détendre et reprendre des forces avant de revenir à la situation stressante.
- **S'engager dans des activités plaisantes** : participer à des loisirs ou à des hobbies pour se distraire et se ressourcer.

## Coping proactif



- **Préparation et planification** : anticiper les défis futurs et préparer des solutions potentielles.
- **Renforcer ses compétences personnelles** en gestion du stress, telles que la communication assertive ou la gestion des conflits.
- **Prendre soin de soi** : maintenir une routine de soins personnels, incluant une alimentation équilibrée, l'exercice régulier et un sommeil adéquat.

## Stratégies de coping général



- **Exercice physique régulier** : pour libérer des endorphines et réduire le stress.
- **Maintenir des relations sociales saines** : pour le soutien émotionnel.
- **Pratiques de pleine conscience** : pour rester présent et réduire le stress.
- **Limitation des substances nocives** comme l'alcool et les drogues, qui peuvent aggraver le stress.

# Coaching Deacutequipe E Eacutedition Outils Et Pratiques Regards Psy

**ML Morrison**



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