

Chapter #8

Topic: Coping with stress and pain

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- **Personal resources that influences coping**

1. Social sport
2. Personal control
3. A personal hardship

1. Social sport:



a) The meaning of social sport

The term refers to a variety of materials and emotional **social sports** a person receive from other

Social isolation which refers to an absence of specific meaningful relation

b) The link between social sport and health

People that are sported by close relationship with French family and fellow members of work place or other sports group are less vulnerable to ilhealth and pre mature death

c) Marriage gender ethnicity and social sport

- In addition to possible benefits to the martial relationship, social sport from spouses also impacts the individual out comes of the receipten in the marriage
- Gender is an important influence on sport relevant sport and direction, and have common effects on the seeking and giving of social sports in personal relationships

d) How does social sport contribute to health

Firstly,

Highly stress individuals may benefits from a strong sport network that encourages to stop smoking

Secondly, May gain confidence from social sport

Thirdly,

Social sport may alter the physiological responses to stress

e) Mobilizing social sport

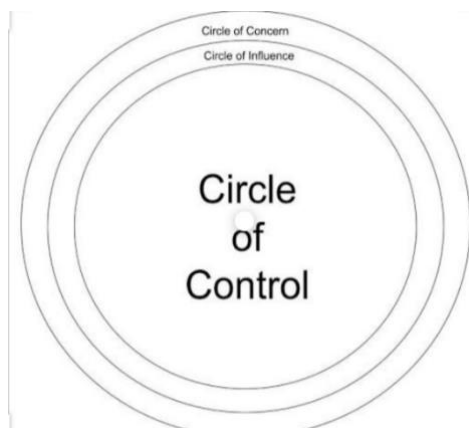


Mobilization is the process of bringing together all social and personal influences to rise awareness or an demand for health care, assisting in the delievery of resources and services

2. Personal control:

Ability to cope with stressful life events is a feeling of personal

Coping



3.personal hadiness:

The hadi personality model grow out of existence personality theory which empesises the idea that authentic

The personal coping stages:

- a) Problem focusing coping
Is aimed at changing the source of the stress
- b) Emotional focusing coping Is oriented towards
managing the emotions



Techniques for coping with stress and pain:

- Relaxation training
 - Breathe deeply

- Mindfulness meditation
- Guided images
- Hypothetic treatment :

Hypothetic treatment is a trans like state in which u have heightened focus and concentration hyponesis is usually done with the help of a therapist using verbal reputation and mental images
- Bio feedback:
 - ◆ Electromyograpic bio feedback(emg)
 - ◆ Thermal bio feedback
- Behaviour modifications

Aim to change behavior through the application of operant conditioning principles

 - Negative re enforcement
 - Positive re enforcement
- Cognitive therapy:

It is based on the principles that peoples believe personal standard and feelings of self efficiency strongly effect their behaviour

 - ◆ Re conceptualization stage
 - ◆ Conceptualization stage
- Emotional disclosure: It is a therapeutical technique where by people express their strong emotions by taking or writing negative events that precipatated those emotions



THE END